



Promoting Resilience and Emotional Health for Children, Youth, & Families with Positive Childhood Experiences (PCEs)

Positive childhood experiences (PCEs) refer to the everyday interactions, activities, and relationships that contribute to a child's overall well-being and emotional health. This fact sheet offers culturally appropriate and trauma-informed strategies that promote PCEs and increase the emotional resilience of children, youth, and families.

5 Key PCEs



THIS IS A
SAFE
SPACE

1. Safe & Supportive Environments

Fostering PCEs Through Safe and Supportive Environments: The creation of safe, inclusive, and nurturing physical and social environments is crucial to promote positive childhood experiences.

2. Strong & Caring Relationships

Responsive Caregiving: Encourage caregivers to respond to children's needs promptly and sensitively, promoting a sense of security and trust.

Peer Friendships: Encourage positive peer interactions that foster friendship, empathy, and social support, leading to increased resilience.



3. Play & Recreation

Unstructured Play: Encourage unstructured play by allowing children to explore their interests, engage their imagination, and develop problem-solving skills.

Culturally Relevant Activities: Incorporate culturally relevant play and recreational activities that honor cultural traditions, customs, and values.



4. Emotional Support & Communication

Active Listening: Teach caregivers and professionals to actively listen to children's thoughts, concerns, and emotions, promoting a supportive and non-judgmental environment.

Emotional Expression: Encourage children to express and manage their emotions in healthy ways, providing them with effective coping strategies.



5. Opportunities for Learning & Growth

Education & Skill Development: Ensure access to quality education, including early childhood education and extracurricular activities that foster personal growth and development.

Cultural Education: Incorporate cultural education into school curriculum, promoting pride in one's heritage and intercultural understanding.



CULTURALLY RESPONSIVE & TRAUMA-INFORMED PCEs

WHY ARE PCEs IMPORTANT?

Positive childhood experiences are essential for healthy growth and development in children. Incorporating culturally responsive and trauma-informed care practices can enhance the impact of PCEs while addressing trauma and respecting cultural identity.

CULTURALLY SENSITIVE APPROACH

Acknowledge and respect the diversity of cultures and traditions within your community to reinforce the importance of practicing inclusivity, sensitivity, equity, and belonging in everything we do.



HONORING CULTURAL DIVERSITY

Celebrate the unique beliefs, values, and cultural identities of all. Establishing and supporting culturally responsive education strategies and interpersonal engagement greatly benefits a child's overall development and well-being.



BUILDING TRUST & SAFETY

Create safe and nurturing environments that foster trust and encourage open communication. Establish clear boundaries, expectations, and consistency in interactions with children.

RECOGNIZING & ADDRESSING TRAUMA

Develop an understanding of trauma and its potential impact on children's behaviors and emotions. Implement trauma-informed approaches to help children heal, recover, and build resilience.

EMPHASIZING STRENGTHS & RESILIENCE

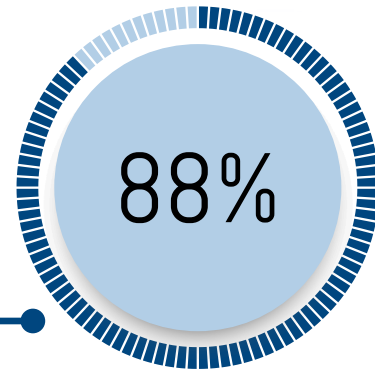
Focus on identifying and reinforcing children's strengths, talents, and abilities. Encourage adaptive coping strategies and provide opportunities for skill building.



PCEs IN THE MIDWEST

The Midwest region of the United States is known for promoting strong family values and positive childhood experiences. Residents of this region prioritize nurturing and enriching their youth through PCEs, especially when it comes to maintaining supportive PCEs in school environments. Learn more about outcomes specific to the Midwest by reviewing the following state-reported data from HHS Region 5 (IL, IN, MI, MN, OH, WI). Please note: Data availability varies between states; the information presented in this section represents a compilation of state-specific data for the purpose of providing a regional overview of this subject.

88% of children reported having close relationships with their family members, indicating strong family support systems.



The Midwest region is known for...



Supportive and inclusive environments. Educators prioritize creating safe spaces where students can express themselves freely, fostering a sense of belonging and acceptance.

Having a high number of quality early childhood education programs, including preschools, childcare centers, and Head Start programs.

Welcoming and celebrating cultural diversity, and providing students with an inclusive learning environment.

Access to healthcare, including regular check-ups, preventative care, and mental health resources, is essential for positive child development. State-specific data on the availability and accessibility of healthcare services can be obtained from state health departments and agencies.

Safe neighborhoods and supportive communities play a crucial role in promoting positive childhood experiences. Data on community safety and support infrastructure, such as access to parks, recreational facilities, and community programs, can vary by city and state within the Midwest region.

LEARNING RESOURCES

- [PACEs Connection](#)
- [The Center on the Developing Child at Harvard University](#)
- [Child Mind Institute](#)
- [National Child Traumatic Stress Network \(NCTSN\)](#)
- [Center for Culturally Responsive Practices](#)