

# HOPE

HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES

## Positive Experiences are Key!

We have identified four building blocks that you can use to promote positive experiences for your child to help them build resilience!



## The 4 Building Blocks of HOPE



RELATIONSHIPS

**Nurturing, supportive relationships** are critical for children to develop into healthy, resilient adults.

- Play and connect with your child(ren) regularly! Be silly, move your bodies, read a book, The options are endless!
- Help your child make connections with other adults in your life – aunts, uncles, coaches, pastors. It takes a village, and the larger the village, the more opportunities your child has for connection and support.



ENVIRONMENT

Children thrive when they have **safe, stable, equitable environments** to live, learn, and play.

- Check your house for safety issues, like access to guns, medications, alcohol, and drugs. Create a plan to address any identified risks.
- Talk with your child(ren) about school. Do they feel safe there? Are they being treated well by their peers? If not, connect with their teacher and brainstorm solutions.
- Help your child find safe places to play outdoors.



ENGAGEMENT

Children need to feel that they matter. Help your child connect with opportunities for **engagement**!

- Sign your child up for after school activities that interest them.
- Consider volunteering in the community as a family.
- Get involved in your place of worship, if that feels supportive.
- Create tasks that your child can help with around the house.



EMOTIONAL  
GROWTH

Children **grow socially and emotionally** through play.

- Help children name their feelings as they arise, and talk about what that feeling feels like in the child's body.
- Normalize disagreements with friends, and model or role play about how to disagree respectfully and productively.
- Make sure children have plenty of unstructured time to play with peers.

Learn more at [positiveexperience.org](https://positiveexperience.org)