

HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES

TuftsMedicine

## 10 ways to promote positive childhood experiences during difficult times

### For families



Children and families have the power to build resilience and celebrate their inner strengths through positive childhood experiences (PCEs), even during difficult times. Here are 10 ways families can practice PCEs to give children memories of love and support.

1

#### Seek out social connections

Help your children feel connected to their family and community members by participating in local activities and finding time to connect virtually with long-distance relatives and friends.

2

#### Talk with your children

It is okay for children to experience difficult events and emotions. Help them feel supported by asking about their concerns. Their answers will guide you on how to talk with them.

3

#### Reach out for community support

It is okay for parents to ask for help, too! Show your children that everyone needs help sometimes from the community.

4

#### Reach out to friends and family

Encourage your children to talk and play with their friends. Find ways for them to practice empathy and listening skills.

**5 Find a new hobby**

Spice up your typical weekday night or weekend with a new hobby that the entire family can participate in. Find something fun and challenging.

**6 Encourage self-care**

Everyone needs a break. Create a self-care and self-regulation routine that helps you and your children find peace. This can be done separately or together as a family.

**7 Be silly**

Be spontaneous and be free when engaging with your children. Laughter truly is the best medicine.

**8 Connect with your partner**

Find ways to prioritize your relationship. Lead by example and show your children what a supportive, healthy relationship is like.

**9 Engage with the community**

Get involved in the community in their decision-making process. Advocate for policies and programs that help families thrive.

**10 Look for positive moments**

Pay attention to the moments you share with your children. There are a lot of happy moments, more than you may realize. Recognize and acknowledge them with your children.