

10 ways to promote positive childhood experiences during difficult times

For professionals



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 professionals like you can practice PCEs to give children memories of love and support.

Help create social connections

- 1** Guide children in connecting with their family and community members. Encourage families to participate in local activities and find time to connect virtually with long-distance relatives and friends.

Talk with the children

- 2** 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.

Encourage community support

- 3** It is okay for parents and caregivers to ask for help, too! Encourage them to show their children that everyone needs help sometimes from the community.

Encourage building and supporting friendships

- 4** Encourage the children you see to talk and play with their friends. Find ways for them to practice empathy and listening skills with each other.

5 **Share recommendations**
Uncertainty can be stressful for everyone. Inform children and families of the most up-to-date recommendations and updates that you do know.

6 **Encourage self-care**
Everyone needs a break. Recommend self-care and self-regulation routines that help children and families find peace. This can be done separately or together as a family.

7 **Be silly**
Be spontaneous and be free when engaging with the children you see. Laughter truly is the best medicine.

8 **Look for positive moments**
Find ways to prioritize the positives. Pay attention to what is going well with the children and families you see. Recognize and celebrate their strengths with them.

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

10 **Encourage families to seek out positive moments**
Encourage families to find regular times that promote positive experiences. It's never too late to start creating happy memories.