

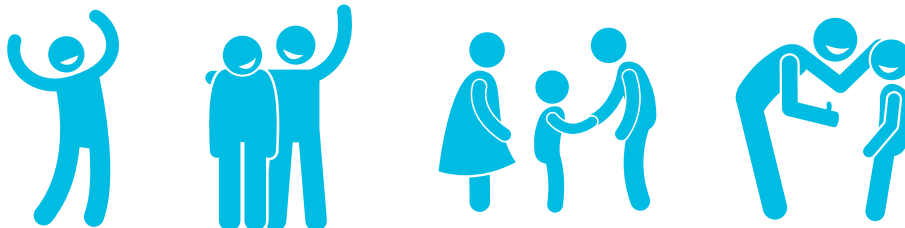
## Positive Childhood Experiences: *Opportunities for Resilience in the Context of Adversity*

### What is resilience?

- Resilience is the ability of a person or group to adapt in the face of adversity.<sup>1</sup>
- Resilience can come from an individual's own traits, their relationships or their environment.<sup>1</sup>
- See TRANSFORM's resilience-focused fact sheet for more details!

### Examples of Positive Childhood Experiences (from the *Benevolent Childhood Experiences Scale*)

- At least one
  - Safe caregiver
  - Good friend
  - Teacher who cared
- Beliefs that gave comfort
- Enjoyment of school
- Good neighbors
- Another adult who provided support
- Opportunities to have a good time
- Positive self-image
- Predictable home routine



### Why do positive childhood experiences matter?

- Positive childhood experiences include feelings of support, predictability and enjoyment during childhood. These positive experiences provide children with self-esteem, meaningful relationships, and a sense of safety, which can help them be resilient as they develop.<sup>2-3</sup>
- Even when they happen alongside adverse childhood experiences, positive childhood experiences are related to healthy outcomes. They can also wipe out the negative effects of adverse childhood experiences on certain outcomes, like mental health problems in adulthood.<sup>2, 4-6</sup>
- Caregivers' own positive childhood experiences can be used as models to draw from when parenting to prevent adversity from being passed down from one generation to the next.<sup>7</sup>

## What can we do?

- Healthcare providers can screen for positive childhood experiences to identify strengths that children and families can use to support their wellbeing.<sup>8</sup>
- Service providers can connect families with resources to foster positive experiences for children, including mentorship programs, recreational activities and community supports.
- Mental health interventions that incorporate children’s and families’ strengths are essential for helping children and families build resilience. For example, Child-Parent Psychotherapy (CPP) helps caregivers harness their positive experiences from childhood (while also processing negative experiences) to develop positive relationships with their children.<sup>9</sup>
  - For more information on CPP, consult TRANSFORM’s Parenting Interventions fact sheet

## References

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