

# WE CAN HELP CHILDREN FLOURISH IN HARD TIMES! CREATE POSITIVE CHILDHOOD EXPERIENCES EVERY DAY!

WE KNOW ADVERSE CHILDHOOD EXPERIENCES (ACES) THREATEN CHILD WELL-BEING. NOW WE HAVE RESEARCH SHOWING THAT POSITIVE CHILDHOOD EXPERIENCES (PCEs) – THINGS WE CAN DO TODAY AND EVERYDAY – PROTECT CHILDREN FACING ACES TO AVOID HARM. NEW RESEARCH SHOWS THAT THE SEVEN PCEs ILLUSTRATED HERE REDUCE THE RISK OF DEPRESSION, POOR MENTAL HEALTH, LONELINESS AND ISOLATION IN ADULTHOOD. GET ACCESS TO THE PAPER HERE:  
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## IDENTIFYING POSITIVE

CHILDHOOD EXPERIENCES THAT SHAPE MENTAL HEALTH IN ADULTS



**7** Feeling safe and protected by an adult at home



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