

The Benefits of **POSITIVE CHILDHOOD EXPERIENCES**



They provide
a buffer to
the effects of
Adverse
Childhood
Experiences
(ACEs)



They strengthen
children's skills to
cope with stress

They provide children
with a sense of self
and a sense of
belonging



They improve
a child's
self-esteem



They build
resilience
against future
adversity such
as adult
depression or
poor mental
health
outcomes



(Center on Child Health & Wellbeing, n.d.;
Center on Child Wellbeing & Trauma, n.d.;
Daines et al., 2021; Mass.gov, 2024)



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