

Positive Childhood Experiences

For Medical Providers

Positive Childhood Experiences (PCEs) help children grow into healthy, resilient adults. There are no specific actions that describe PCEs. Instead, there are 4 broad categories of PCEs called Building Blocks. Each Building Block could describe any number of different activities. This sheet is meant to help you discuss PCEs with your patients, and turn these Building Blocks into foundations of support for children.

Relationships developed through activities and interactions

How can I promote PCE Relationships for my patients?

- Ask parents/guardians about the types of positive relationships they had as children.
- Celebrate those relationships and think together about which parts of those positive relationships they want their children to have.
- Ask about other positive adults in the child's life - coaches, teachers, pastors, mentors.
- Share information about positive parent-child attachment.
- Validate when you see warm interactions between parent and child.

Safe, equitable, stable environments for living, playing and learning

How can I promote PCE Environments for my patients?

- Ask about the physical home environment. Consider a partnership with a local legal aid clinic to draft a template letter for remediation that families can offer property owners if rental properties are not meeting the health code.
- Provide information on local subsidized preschools.
- Ask about guns in the home. Have a conversation about gun safety and asking about guns in friends' homes.

Social and Civic Engagement to develop a sense of belonging and connectedness

How can I promote PCE Engagements for my patients?

- Ask about what families do outside of school and work.
- Celebrate those activities that connect your patients with their community.
- Share fliers or links to community centers, after-school activities, mentoring programs, and local events in the community.

Social and Emotional Growth opportunities

How can I promote PCE Social and Emotional Growth for my patients?

- Help a child name their feelings as they arise.
- Talk about what that feeling feels like in the body.
- Normalize disagreements and conflicts in peer groups.
- Share information about how to disagree respectfully and productively.
- Encourage social connection in the same way you would encourage eating healthy foods and exercising.

