



Positive childhood experiences that shape mental health in adults

Positive childhood experiences mitigate the effects of ACEs, buffer against toxic stress experiences and promote healing and recovery.

Research findings demonstrate that positive childhood experiences have a cumulative effect on life-long mental health outcomes. These positive experiences are:



Ability to talk with family about feelings



Felt experience that family is supportive in difficult times



Feeling of belonging in school



Feeling of being supported by friends



Having at least two non-parent adults who take genuine interest in them and care



Feeling safe and protected by an adult at home



Enjoyment in participation in community traditions