

# Daily Tips to Create PCEs



## Help build resilience in your children by finding time every day to connect!

Positive Childhood Experiences or PCEs help protect children from the negative experiences life can throw at us. They also help to build and maintain healthy parent/child relationships and improve child behaviors.

To learn more about Positive Childhood Experiences, explore our content at www.americanspcc.org

#### Wed. Mon. Thurs. Sun. Tues. Sat. **Make Space Meet & Greet Make Memories** Having a comfortable, Think about how you special place in your greet your children Pictures help to capture home to connect with after school or a important milestones. They can vour child can do prolonged absence. be pictures from cameras or wonders to help them Do you have a special ones you draw with your feel safe and hug, handshake or children from memory, but find supported. It can be phrase that's special a special place in your home to as simple as a bean just for your family? display them. When they are bag or chair with an Rituals are important extra excited or proud about extra cozy blanket. for building trust and something, take a picture to Anywhere you can help vour children remember it and put it on your come together and know you're excited to important memory wall so you talk about their day or see them. can revisit it together whenever issues they may be anyone needs a pick me up or **Questions are** facina. some inspiration! Kev Ritual questions you ask your children **Set the Tone** everyday are great to Celebrate always remind your children that you care Find a reason to Start the week off about their celebrate every week.

Mondays can be hard! right by waking up your children in a special way. Give them a choice of how they want to start their day, it could be a cuddle, a special song or breakfast, or special bath products just for Mondays!

## experiences and what they think. Some people ask them at dinner, before bed or on the way to school. A good example is, "What is one thing

you loved today and

what is one thing you

learned?

Even when things are hard we can celebrate that we got through it! Celebrations don't even have to be about treats or rewards, they can be as simple as a high-five for a job well done or a 30 second dance party!

### **Story Time with a Twist**

Telling your children stories from your childhood or family history can help give children purpose and a feeling of belonging. Try to tell them stories about when you were a child to help them relate when they are going through similar struggles, or fun stories about you liked as a child or about family members they may not have met.