



<https://positiveexperience.org/>



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EMOTIONAL
GROWTH



RELATIONSHIPS



ENGAGEMENT



ENVIRONMENT

HOPE

Resource Booklet



Our Mission

We aim to inspire a HOPE-informed movement that fundamentally transforms how we advance health and well-being for our children, families, and communities

Our research has led us to create a new paradigm, based on understanding of how positive childhood experiences (PCEs) drive healthy development and mitigate the effects of adverse childhood experiences (ACEs). Positive experiences allow children to form strong relationships and meaningful connections, cultivate positive self-image and self-worth, experience a sense of belonging, and build skills to cope with stress in healthy ways. The shift in focus builds on previous understandings of the importance of experience in child development, including those ACEs associated with toxic stress.

The Four Building Blocks

Through our work we have identified four building blocks that promote positive experiences that help children grow into healthy, resilient adults. We know that PCEs in these four areas can buffer against long term health outcomes associated with adverse childhood experiences, and we want to help increase access to these opportunities for all children and families.

Relationships within the family and with other children and adults through interpersonal activities

Safe, equitable, stable environments for living, playing, learning at home and in school

Social and civic engagement to develop a sense of belonging and connectedness

Emotional growth through playing and interacting with peers for self-awareness and self-regulation



Putting HOPE into Action



Education and Practice

HOPE seeks to raise awareness among practitioners and educators about the evidence-based association between positive experiences and health and well-being. Our National Resource Center currently offer education tools, awareness campaigns, training and certification programs, and technical assistance. All contribute to the advancement of HOPE-informed care, allowing providers to act with empathy, optimism and reduced bias, this enhancing the quality of care and adding joy to their work.



Advancing Research

We aim to further our understanding of how positive experiences affect development and bring attention to the structural factors of racism to improve the effectiveness of care and create research-informed tools that help change our practices and shift the narrative. We form partnerships that allow for systematic data collection of PCEs and communicate research with partners, practitioners and the community.



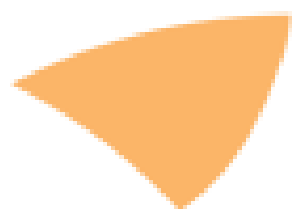
Community Action

In collaboration with community partners and health advocates, we are growing a HOPE-informed approach that identifies existing strengths and arguments conditions that support the positive experiences children and families need to thrive. We seek to celebrate and lift up communities by creating a community toolkit, increasing family outreach, utilizing the HOPE Innovation Network, and continuing to identify new opportunities.



Be mindful of the positive.

Kids playing? Adults holding hands?
How do people you encounter make the
best of challenging situations?



See and hear the beauty.

Find time for nature. Read poetry. Listen
to music.



Daily practice. Keep a journal? Meditate?

Learning something new takes practice,
repetition, and reflection.



Share the Stories of HOPE and inspiration

Have you seen or experienced something
inspiring? Talk about it. Inspiring stories
help all of us.



Practice HOPE