

FOR IMMEDIATE RELEASE

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Building Hope for a Brighter Future: Invest in Children Today!

Did you know that positive childhood experiences or PCEs can have a lasting impact on a child's well-being? Tufts Medicine created The Healthy Outcomes from Positive Experiences (HOPE) Framework based on research that shows positive experiences can ease toxic stress and help children grow into more resilient, healthier adults. The HOPE Framework centers around the Four Building Blocks of HOPE: relationships, environments, engagement, and emotional growth.

Here's how you can be a part of building HOPE for the children in your community:

Relationships:

- Cultivate relationships with children. Take time to connect with the children in your life.
- Talk with parents about positive experiences they remember from their childhood and encourage them to use those experiences as inspiration for experiences they can offer their own children.

Environments:

- Work to ensure that school and community environments are places where all children feel safe.
- Improve and provide community spaces like parks where children can play and interact.

Engagement:

- Connect children to their communities by encouraging participation in and volunteering your own time to service projects, cultural activities, clubs, or sports teams.

Emotional Growth:

- Assist children in naming their feelings as they talk about them.
- Allow time for open play for children that is not directed or guided by an adult.

By investing in the Four Building Blocks of HOPE, we can create a brighter future for all children.

For more information on positive childhood experiences, visit positiveexperience.org or contact Michelle Broxterman, mbroxterman@ksu.edu, (620)724-8233

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