

# Dept. of Health Services: Office of Children's Mental Health focuses on positive childhood experiences

Posted on Tuesday, Dec 14, 2021

>> **WisPolitics is now on the State Affairs network. Get custom keyword notifications, bill tracking and all WisPolitics content. [Get the app or access via desktop.](#)**

Office of Children's Mental Health Director Linda Hall today announces the publication of a new fact sheet, [The Power of Positive Childhood Experiences](#), and details what our communities, schools, parents, and policymakers can do to make a difference.

## Highlights

- Toxic stress and trauma, whether from the pandemic, poverty, or other life circumstances, can be hard on children. However, positive childhood experiences can make up for some of the negative experiences.
- Recent studies show that positive experiences build a foundation for the ability to cope and thrive throughout life.
- Some positive experiences are: enjoying school, good neighbors, having one good friend, predictable routines, opportunities to have fun, and a family that stands by you.
- Children who had positive experiences were less likely to report only fair, or poor, health as an adult.

## What We Can Do

- Parents can start, or stick with, family routines such as meals together, bedtime stories, chore time, game night, or family walks.
- Schools can find ways to help low-performing or marginalized students feel a sense of pride and belonging at school.

- Communities can promote school, youth sports, and other youth functions where parents and other community members can support and encourage youth.
- Policymakers can fund libraries, parks, and other public spaces where all children can connect positively with other people, regardless of family income.

See the [complete fact sheet](#).

See [previous fact sheets](#).