



## “The Long Reach of Childhood: How Early Experiences Shape Our Lives”



Lorraine Swords

### Lecture & Lecturer Overview

Dr Lorraine Swords is an Associate Professor in the School of Psychology at Trinity College Dublin and Co-Director of the Trinity Research in Childhood Centre (TRiCC). She is passionate about understanding how children and young people grow, develop, and thrive, and how the experiences they have early in life can shape their future health and wellbeing.

Lorraine’s recent work in collaboration with family support services focuses on the effects of early adversity across the lifespan. She is particularly interested in the ways that these effects can be passed from one generation to the next, and how timely support for children and parents can help break these cycles and promote resilience. Through her work with practitioners, policymakers, and communities, she aims to generate evidence that informs services and supports healthier, happier futures for children and families.

Lorraine’s lecture “The Long Reach of Childhood: How Early Experiences Shape Our Lives” explores how our earliest experiences can have a profound influence on our health, wellbeing, relationships, and opportunities throughout life. Importantly, she discusses that childhood is not destiny. Drawing on the latest research, this lecture offers an accessible and thought-provoking introduction to the factors that place children at greater risk of poorer outcomes, alongside the protective influences that help children adapt, recover, and flourish.



Select Week

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Date

03 February 2027