Since the third year of our life, people started to have the ability remember things, and these memories stick with us for years and years. That’s why it is believed that some early childhood events have an impact on adulthood. These events not only have good but also harmful consequences. And I will explain this in more detail later in this essay.

On the one hand, we can think of positive effects of people’s childhood experiences on forming adult life. For starters, if we do things on a regular basis while we are young, they can create excellent habits. For example, if we begin the day by cleaning our teeth, we may continue to do so on a regular basis for the rest of our lives. Second, when we live with wonderful individuals, they may help us develop a positive personality. If we were born into a loving family, we have a better chance of being charming and romantic persons in the future. As an example, when I was a child, I lived with my grandmother, who raised me in an open-armed manner; and as an adult, I am a person with empathy and sympathy. Consequently, this demonstrates that if we are exposed to positive experiences as children, we may have a better life.

On the other hand, we can observe that childhood experiences may have a detrimental impact on people's lives. First and foremost, we have a mental health issue. When we experience adversity as children, we are more likely to develop a mental health problem. According to Selena Simmons-Duffin of kqed.org, "if they have problems in childhood, they have a 72 percent lesser chance of experiencing depression or poor mental health generally as an adult." Moreover, if they were raised without a loving family or by viewing too many violent scenes on TV, they may develop a vicious disposition or become involved in society's vices.

In conclusion, early life events can have a significant impact on people's adulthood. When you are a parent, strive to establish a good atmosphere for your children so that they can have a better adulthood.