



CONNECTED KIDS & FAMILIES

CONNECT. UNDERSTAND. THRIVE.

C.A.R.E. At a Glance

A simple framework to help you respond, not react.



COMPASSION & CONNECTION

See the humanity behind the behavior.

- Assume the best.
- Remember: They are having a hard time, not giving you a hard time.
- Lead with empathy.

I can remind myself:



ATTUNEMENT & ACKNOWLEDGMENT

Notice what's really happening.

- Tune in to their feelings, needs, and triggers.
- Get curious, not critical.
- Connection comes before correction.

I can remind myself:



REGULATION & CO-REGULATION

Support the nervous system first.

- Help your child (and yourself) slow down and feel safe.
- Co-regulate first.
- Calm creates connection.

I can remind myself:



EXPECTATIONS & EMPATHY

Hold the boundary with heart.

- Be clear and consistent.
- Adjust when needed, but stay grounded in your values.
- Guide, don't control.

I can remind myself:



THE BIG PICTURE

Regulate → Relate → Reason

When we support the nervous system, learning and connection become possible.



Regulate first
Help them (and you) feel safe.



Relate next
Connect through empathy.



Reason last
Talk, problem-solve, and learn together.

You don't have to be perfect. You just have to stay present.

Connection today, growth tomorrow.