



CONNECTED KIDS & FAMILIES

CONNECT. UNDERSTAND. THRIVE.

C.A.R.E.

Neuroscience-Informed. Family-Focused.

C



Compassion & Connection

Lead with kindness.
Build safe, trusting relationships.

A



Attunement & Acknowledgment

Tune in. Notice and validate
feelings and needs.

R



Regulation & Co-Regulation

Help calm the nervous system.
Support self-regulation together.

E



Expectations & Empathy

Guide with empathy and clarity.
Support growth and connection.

Stronger Connections. Healthier Brains. Thriving Families.