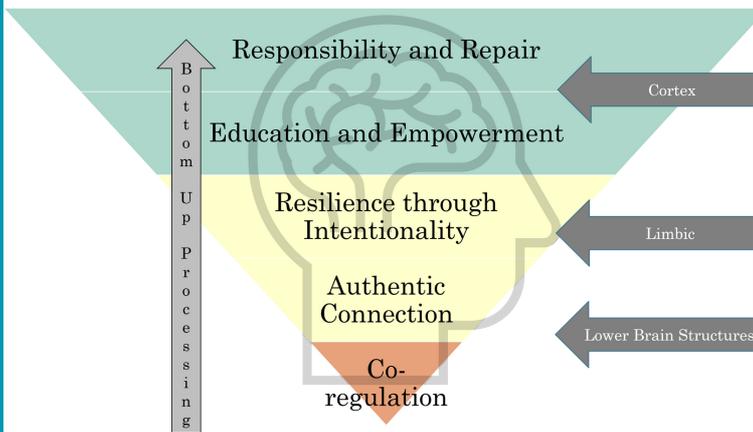




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THE C.A.R.E.R. FRAMEWORK



The CARER Framework is a way of structuring supportive strategies using the science of stress and well-being. The emotional regulation of the adult is a parallel process throughout that supports the regulation of students.

This framework is mindful of the sequential nature of processing in the brain and uses this knowledge to support the development of Well-being for All.

CO-REGULATION

The social and emotional well-being of students is directly connected to the well-being of educators and other adults in a student's life. Co-regulation is an interactive process between adults and children by which the capacity for self-regulation grows and develops. But co-regulation can only occur when the adult has the capacity for regulation themselves. Learn strategies to support co-regulation in both students and educators.



AUTHENTIC RELATIONSHIPS

Building relationships with students is well documented as an effective strategy for student engagement and learning. This element teaches the skills of relationship building for adults and students by being our authentic selves while maintaining compassionate boundaries.



RESILIENCE THROUGH INTENTIONALITY

Resilience through stress, adversity, and trauma is possible. However, sometimes the word resilience is used to send a message to simply "get over it". Research shows 9 factors that can contribute to a resilient outcome. We can use these factors to be intentional about creating an environment for children to thrive.



EDUCATION AND EMPOWERMENT

Education and Empowerment comes through teaching children and families the science of stress and well-being. We can then work in collaboration to develop responsive classrooms that meet the needs of all students. We can help students and adults to develop self-awareness about their own emotional regulation pattern, a skill that will benefit them throughout their lives.



RESPONSIBILITY AND REPAIR

Students do well with structure and consistency from the adults in their lives. This includes having adults maintain high expectations for them. This element supports strategies that help students and adults to achieve self-responsibility through empathy and compassion. The ability to repair when a rupture of relationship occurs is also a critical skill.



For more information:
danieleducationalservices.com
danieledservices@gmail.com
(262) 305-0711



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