

---

**KINDNESS Matters May, 2026**

---

From KIND Families <kari@kariabaker.com>

Date Fri 5/1/2026 4:03 AM

To Kari Baker <kari@kariabaker.com>



**KINDNESS**  
**MATTERS**  
*Your Monthly Connection to All Things KIND!*

**KIND = Kids with Invisible Neurological Differences**

---

*"Jesus said to him, 'Have you believed because you have seen me? Blessed are those who have not seen and yet have believed.'" John 20:29*

---



**HOW SWEET IT IS!**

There's nothing I love more than diving into God's word and encouraging parents! Thank you to **Mountain View Presbyterian Church** in Scottsdale, AZ for inviting me to deliver a message to kick off a new community series on parenting. Somehow I failed to get a single picture, but you'll have to trust me that it was a special evening with parents who are raising kids with visible and invisible differences.

I shared a story from Exodus 15, a short paragraph often overlooked since it occurs immediately after God parted the Red Sea and the Israelites crossed through to freedom. For three days they walked toward the Promised Land without finding water. Finally they approached an oasis, but the water was bitter and undrinkable. When they grumbled (I can't blame them since they were literally dying of thirst,) God showed Moses a log, and when he threw it in the water, the water became sweet. (Exodus 15:22-25)

Water becomes bitter when it travels too far from its source. We become bitter when we drift too far away from our source - Jesus. Throughout the Old Testament God was showing us the log. In the New Testament, we find

our sweet salvation through a different kind of tree - the cross. Reach for it, return to the source, and taste the sweetness of His love!

---

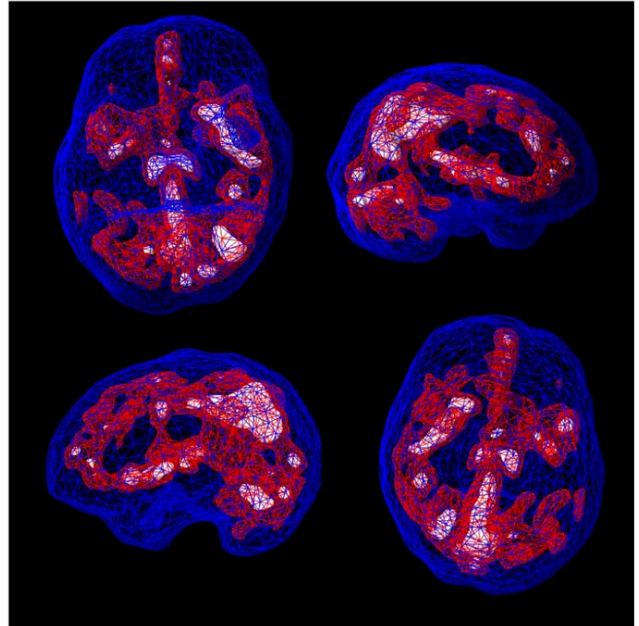
### ***Finding KIND in New York City!***

My family recently had the opportunity to travel to New York City, and I brought *Finding KIND* along for the ride. Turns out, King Kong is a fan!

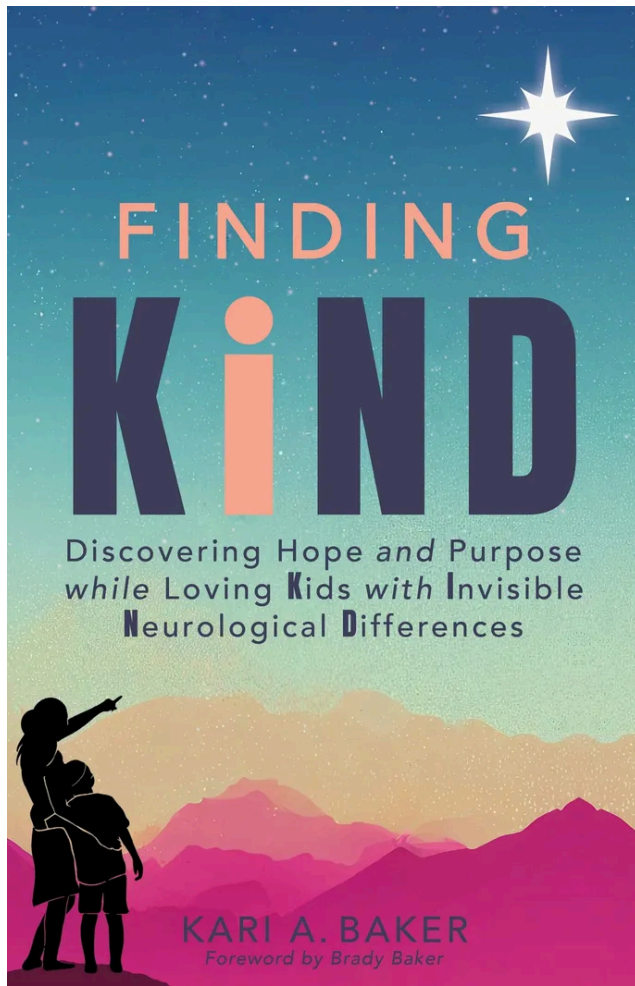


## Seeing is Believing

When Brady was younger, he couldn't stand to eat food warmer than room temperature. So, when I made his staple meal, chicken nuggets, I had to cook them and then put them in the freezer until they cooled down. One night when he was 8 or 9, I gave him his cooked-then-cooled dinner, and he took a bite and shrieked. "It's too hot, Mommy!" Frustrated, I replied, "They're not hot Brady, they're room temperature, just eat them!" Then he said something that broke my heart. "Mommy, what's room temperature to you is burning hot to me." Ouch. The invisibility of Brady's autism sometimes makes me forget that there are real differences in how he receives and processes information and inputs.



Last Fall, I had another "A-Ha" moment when Brady had a brainscan with Amen Clinics. The doctor first showed us a scan of a "typical" brain, which was full of blue lines he called the "Sea of Tranquility". There were a few red spots which showed increased activity, and a couple dots of white which reflected flaming hot centers of the brain. When we saw Brady's scan, there was very little tranquility - mostly red and white. His brain is on fire, almost all the time. I know Brady has autism and ADHD, so this image shouldn't surprise me. But seeing the full color reality of how his brain functions is an important reminder that the invisibility of neurological differences does not make them less real or less impactful. Just like with our faith, not seeing needs to be believing.



**MOTHER'S DAY GIFT IDEA!**

Mother's Day is quickly approaching, and if you are struggling to choose a gift for the KIND moms in your life, may I humbly suggest a copy of *Finding KIND*?

Here is one of the 100+ 5-star reviews:

*"Reading Kari's story was what my soul needed. Often feeling alone in this life, having it all written out like this made me realize how many other moms are out there are raising their autistic kids and doing everything they can for them. Losing themselves entirely. Only to grow back even stronger. And the foreword by Brady was so healing as a mom raising an autistic child. A must-read for moms of autistic kids!"*

The book is available in hardback, paperback, and ebook, and is now available to read for FREE for Kindle Unlimited members! Order today and receive your copy in plenty of time for Mother's Day, or contact me for discounts on bulk orders.

---

**KIND Families Resources at Your Fingertips:**

Purchase *Finding KIND* on Amazon [HERE!](#)

Visit the KIND Families website [HERE!](#)

Purchase KIND Merch [HERE!](#)

Want to contact Kari about one of the topics above? Simply reply to this email!



<https://kindfamilies.com> unsubscribe