

# WELCOME!

Welcome and thank you for joining us in our journey to support families. This guide is dedicated to all parents, grandparents, foster parents, and people taking care of children of all ages.

## WHAT IS THIS GUIDE?

This guide is a tool for parents and caregivers to learn a little about the developing brain. It offers tips and practical approaches for all families to be successful. If the information in this guide is new to you, you're not alone! It is never too late to use this information.

## HOW TO USE THIS GUIDE

This is not a book that needs to be read front to back but rather a series of topics that offer insight and parenting tips. There are chances to reflect throughout the guide and pages for notes in the back. There are also resources listed below.



Visit our website for more resources!

[www.scesd.k12.or.us/south-coast-together](http://www.scesd.k12.or.us/south-coast-together)



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