



## Care-Child Adult Relationship Enhancement

Pediatricians are often parents' primary source for guidance related to their children's development and behaviors. Suggestions and strategies can often address issues that are creating problems at home and/or in the classroom. Child Adult Relationship Enhancement (CARE) is a set of skills designed to improve interactions of any adult and child. Based on several strong evidence-based parenting programs (e.g., Helping the Non-Compliant Child, Incredible Years, Parent-Child Interaction Therapy, and Parent-Management Training-Oregon model), CARE fills an important gap in services for children and teens with sub-clinical concerns who are considered at-risk for significant behavioral problems. CARE is *not* therapy, but may compliment other services provided to families. CARE is designed to improve positive engagement with children and reduce mild to moderate behavioral challenges. Since 2006, over 1000 providers and caregivers have received CARE training. Pediatricians and their staff members have been involved in the trainings and evaluations are resoundingly positive. CARE ideas can be easily incorporated into pediatric practices, improving services provided to families.

### Objectives:

By the conclusion of the workshop, participants will be able to:

1. List 3 ways to improve relationships with children and teens, including how to improve behaviors in children and teens.
2. Discuss how to help parents provide instructions that are more likely to improve compliance rather than defiance.
3. Discuss how CARE skills can be easily implemented into busy pediatric practices.

**This workshop can be arranged for individual practices or medical societies. Once a physician has been through the workshop, they can bring the strategies presented in the workshop to others who work with children: physicians, parents, foster parents, teachers, daycare center employees, etc.**

**To arrange a workshop, please contact Linda Lee, APR, Chapter Executive Director, at [llee@alaap.org](mailto:llee@alaap.org).**