

A gentle start creates a lasting difference

Forbairt...

aAA

Model of Therapeutic Care



securestart.com.au

When we reflect, connect and take intentional action, we create the conditions where children heal, grow and thrive.

The AURA App – *Your everyday companion*

The AURA App helps you bring enriched therapeutic caregiving to life—one moment at a time.



Reflect

- ✓ Support mindful practice
- ✓ Make sense of the moment
- ✓ Learn from experiences
- ✓ Strengthen your impact



Reflection turns everyday moments into meaningful growth.



Connect

- ✓ Build trusting relationships
- ✓ Meet needs consistently
- ✓ Create safety and belonging
- ✓ Nurture resilience



Connection is the foundation of healing and growth.



Act Intentionally

- ✓ Use strategies that work
- ✓ Respond with purpose
- ✓ Support progress every day
- ✓ Celebrate small wins



Small, intentional actions lead to lasting change.

A gentle journey of change



1

BEFORE TRAINING

Explore the app, build understanding and get ready.



2

DURING TRAINING

Deepen your learning and see how it fits your everyday life.



3

BETWEEN SESSIONS

Use the app daily to practice, reflect and stay on track.



4

AFTER TRAINING

Keep growing confidence and creating secure, connected relationships.



Enriched care. Every day. Brighter futures.

When you are supported to care well, children heal, grow and thrive.



AURA helps you turn knowledge into *loving action* —one moment at a time.



You matter.



They matter.



It matters.

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AURA



The distinctive atmosphere
or quality projected by a
person or place, and which
is experienced by the child.



AURA is more than what we do—
it's how we are.

It shapes how children feel,
learn, relate and grow.



A consistent AURA helps children feel **safe**,
understood and **valued**—every day.



A calm, caring presence
builds safety.



Stronger relationships
support healing.



Growth happens
in connection.



Small moments.
Big impact.



Calm comes first. Connection grows from calm.

Children who have experienced adversity live in high alert.
Our calm helps their nervous system settle, so they can feel safe,
learn and connect.



Strong
Foundations

Secure
Start



Consistency is the key.

When care is predictable and steady,
arousal lowers and trust begins to grow.

Children in high arousal



Brains are in survival mode
Fight • Flight • Freeze



Bodies feel on edge
Anxious • Irritable • Overwhelmed



It's hard to think, learn or remember
Attention • Memory • Problem solving



Behaviour can be intense
Big feelings • Big reactions

**They don't need more consequences.
They need calm and consistency.**

Our calm helps their calm

We regulate ourselves so we can co-regulate with children.



Calm is contagious.

Your regulated nervous system becomes their safe place.

The AURA App supports consistency.

Daily tools to create predictable, regulating experiences.



ROUTINES & PLANS Know what's happening next.
Predictability reduces anxiety.



REMINDERS Set gentle prompts for transitions,
connection and self-care.



REGULATION IDEAS Quick calm strategies for you
and the child—anytime, anywhere.



TRACK & REFLECT Notice what helps.
Small, consistent steps create big change.



**Consistency in small moments
creates big safety.**

What helps regulate?



Gentle voice
Soft, slow,
soothing words



Comfort & touch
Hugs, closeness,
safe contact



Rhythm & music
Calming sounds
settle the body



Play & fun
Joy helps
release stress



Fresh air & movement
Bodies settle
in nature



Self-care
Your calm matters.
You can't pour from
an empty cup.

Care for yourself

Your wellbeing is part
of their wellbeing.

- ✓ Pause
- ✓ Breathe
- ✓ Reset
- ✓ Ask for support

When we are calm and consistent, children can:



**Feel safe
inside**



**Think
more clearly**



**Connect
more easily**



**Learn and
grow**



Thrive



AURA App

Small moments. Consistent care.
Calmer brains. Stronger bonds.
Brighter futures.



Calm today.
Safety tomorrow.
Connection for life.



You don't have to be *perfect*. You just have to be *consistent*.



Small moments. Big impact.



Every day. Every child.

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Connection is the primary task.

Accessibility creates safety. Safety creates change.

Children who have experienced adversity need to know, **"I am here for you."**
When they feel our consistent presence, they can relax, trust grows, and behaviour improves.



Children test connection because it wasn't reliable before.

Our steady, proactive presence

teaches them:

"You are important.
I will be here."

- ✓ Less anxiety
- ✓ Better behaviour
- ✓ Stronger relationships
- ✓ Healing attachment

What children think when connection is inconsistent



- ! They push.
- ! They pull away.
- ! They try to control access to feel safe.

**It's not about power.
It's about protection.**

What changes everything? Your consistent, proactive presence.



- I show up.
You know I will be there.
- I notice you.
You are in my mind.
- I care about you.
You are in my heart.
- I check in proactively.
You no longer need to fight to get my attention.

I am here for you.

You no longer need to control and regulate access to me to be reassured that I am here.

AURA App: Enriching Accessibility by checking in proactively



CHECK IN DAILY
A simple check-in shows your child: "I see you. I am thinking about you."



BE PREDICTABLE
Routines and consistency reduce anxiety and the need to test.



STAY CONNECTED
Small moments of connection throughout the day build security.



BE AVAILABLE
Let your child know how and when they can reach you.



RECORD & REFLECT
Use the app to track check-ins, notice what helps and keep growing.



Proactive connection today creates confident, connected children tomorrow.

From trying to control... to feeling secure.



Struggles for attention



Worries you're not there



Feels your steady presence



Can relax, trust and thrive



The message they take to heart:

"I am important."
"You are here."
"I can rely on you."
"I am safe."



When I know you are here...
I can be **my best self.**



My brain can learn



My heart can feel safe



My behaviour can improve



My future can grow



AURA App

Small check-ins.
Big impact.
Lasting change.



We feel together.

Emotional connectedness heals.

When we tune in to a child's feelings and connect with them, we help their nervous system settle and their world feel safe.



Children need more than rules.
They need relationships.

Emotional connection is the bridge to cooperation, learning and lasting change.

- ✓ Co-regulation calms.
- ✓ Understanding builds trust.
- ✓ Connection creates change.

When children feel disconnected...

Their nervous system goes into protection mode.

- Big feelings
- Defensive behaviour
- Hard to reason
- Shut down or shut out

They don't need more control.
They need connection.

Enrich emotional connectedness. Tune in. Connect. Calm together.

You feel seen.
↓
You feel safe.
↓
You can feel calm.



Connection is not a reward. It is a need.
It is how we help children regulate, heal and grow.

AURA App:

Enriching Emotional Connectedness through Attunement



TUNE IN
Notice what your child is feeling underneath the behaviour.



MIRROR & VALIDATE
Name their feelings.
"That looks really hard."
"It makes sense that you feel..."



JOIN IN
Get on their level—with play, conversation or shared activities.



CO-REGULATE
Use calm voice, steady presence and gentle touch when needed.



REFLECT & TRACK
Use the app to note what helped and celebrate the progress.



Attunement today,
connection for life.

Ways to build emotional connectedness every day



Play together
Follow their lead.
Share joy.



Read together
Stories build bonds.



Create together
Draw, build, cook—anything side by side.



Move together
Walk, dance, get active.



Talk & listen
Ask, listen, really listen.



Connect physically
Hugs, high fives, sit close.

The power of attunement

When we attune to our children, we help them learn:

- ♥ I am understood.
- ♥ I am safe.
- ♥ I can handle my feelings.
- ♥ I am loved.



When we connect with our children, we don't just help them calm down—we help them **feel at home** in their minds, their bodies and their world.



Calmer brains



Stronger bonds



Better behaviours

Co-regulation in action



1. Notice
See the signs.



2. Connect
Get close and engage.



3. Calm together
Breathe, soothe, slow down.



4. Reflect
Talk it through when calm.

Small moments. Big impact.



It's not about perfect.
It's about presence.



AURA App

Track attunement.
Celebrate connection.
Lasting change.



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Needs met early. Behaviour stays settled.

When we notice and meet needs proactively, children feel safe, trust grows, and the need to control access to us disappears.



Anticipate. Provide. Reassure.

Proactive needs provision tells children:
"I see you. Your needs matter.
I've got this."

- ✓ Reduces anxiety and hypervigilance
- ✓ Prevents escalation
- ✓ Builds trust and cooperation
- ✓ Creates predictability and calm

When needs are met inconsistently...

Children learn they must control and regulate access to care.



- ❗ They worry more.
- ❗ They demand more.
- ❗ They test more.
- ❗ They never feel sure.

It's not about being difficult.
It's about trying to feel safe.

Proactive care changes everything.

We meet needs before they have to ask, demand or escalate.



- Predict**
I think ahead so you don't have to.
- Notice**
I see what you need.
- Provide**
I meet it early and calmly.
- Reassure**
You can relax. I'm here. You're safe.

The need matters more than the behaviour.

When needs are met early, behaviour improves, arousal lowers, and connection grows.

AURA App: Responsiveness

Tools to help you anticipate and meet needs proactively.



PLAN AHEAD

Use routines, schedules and cues to stay one step ahead.



NOTICE EARLY

Spot physical, emotional and sensory needs before they escalate.



MEET NEEDS

Respond calmly and consistently—every time you can.



CHECK IN & RECORD

Use the app to reflect, track what works and celebrate progress.



Proactive responsiveness builds security that lasts.

What children need to feel safe and settled



PHYSICAL

Food, sleep, clothing, comfort, health.



EMOTIONAL

Reassurance, connection, understanding.



PRACTICAL

Routines, structure, help with tasks.



SENSORY

Movement, touch, quiet space, sensory breaks.



SOCIAL

Belonging, positive attention, fun, time together.

Proactive care looks like...

- ✓ Snack before hunger turns to meltdown.
- ✓ Check in before problems grow.
- ✓ Warnings before transitions.
- ✓ Prepare the environment for success.
- ✓ Comfort before overwhelm.
- ✓ Repair early when things go wrong.
- ✓ Praise before seeking attention.



The cycle of proactive care



I NOTICE
I see the need early.



I ANTICIPATE
I think ahead and prepare.



I RESPOND
I meet the need calmly.



THEY RELAX
Arms down.
Body calm.
Mind clear.



CONNECTION GROWS
Trust builds.
Cooperation improves.
Everyone feels better.

The message children take in

When we meet needs proactively, they learn:

"I matter."
"I can trust you."
"The world is safe."



Predictable care today.
Confident, connected
children tomorrow.

Proactive responsiveness
is love in action.



AURA App

Responsiveness in action.
Anticipate. Provide.
Reassure.
Stronger bonds.
Brighter futures.



You don't have to be *perfect*. You just have to be *consistent*.



You matter.



They matter.



It matters.

Words can hurt. Words can heal.

Verbalising understanding builds connection and changes beliefs.

When we say out loud what is in a child's head and heart, we show: "I see you. I get you. You matter."



Understanding breaks the cycle.
It challenges negative beliefs and builds secure, positive beliefs.

- ✓ Reduces shame and defensiveness
- ✓ Builds trust and emotional safety
- ✓ Improves behaviour and cooperation
- ✓ Strengthens self-worth and hope

The cycle we want to break



The cycle repeats.
The pain grows.

Say what you see. Your words can change everything.



When we verbalise understanding, we show:
"I am with you. You are in my head and in my heart."

What children take in:

- ✓ I matter.
- ✓ You understand me.
- ✓ I am not alone.
- ✓ I can trust you.

AURA App: Understanding

Tools to help you put understanding into words.



NOTICE
What is your child thinking, feeling and needing right now?



NAME IT
Put it into words simply and kindly.



VALIDATE
Acknowledge their experience. It matters.



CONNECT
Your understanding creates safety and closeness.



PRACTICE & TRACK
Use the app to reflect, note what helped and celebrate progress.



Understanding today.
Stronger beliefs tomorrow.

Our words can hurt...

When we judge, criticise or dismiss children hear:

You are bad.

You don't matter.

I can't trust you.

I'm not safe.

Our words can heal...

When we understand and validate, children hear:

You are good.

I see you.

You matter.

I am here for you.

The power
is in our
words.

Words today. Beliefs for a lifetime.

Understanding changes how children see themselves, others and the world.

It builds secure attachment and a brighter future.



Tips for verbalising understanding



Keep it simple.
Short, clear and kind.



Be specific.
Say what you see, not what you think they should do.



Speak with warmth.
Tone matters as much as words.



Do it often.
Small moments build big change.



Repair quickly.
If things go wrong, talk it through.



Understand. Connect. Heal.
That's the power of our words.



Better self-worth



Stronger relationships



Safer world



Brighter future

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What we notice grows.

Your wellbeing helps children heal and thrive.

When we care for ourselves, we stay calm, connected and hopeful.

This helps children feel safe, build trust and grow.



Reflect.
Reconnect.
Keep going.



You cannot pour from an empty cup.

Self-care is not selfish. It strengthens your capacity to care, consistently and well.

- ✓ Regulate your nervous system
- ✓ Reflect to gain perspective
- ✓ Notice progress, not just problems
- ✓ Build hope – for you and the children in your care

1. WHEN WE ONLY SEE PROBLEMS...

Our thinking narrows. Stress grows. We struggle.

- Heightened to problems
- Constant problem-solving
- Stress increases
- We stop noticing progress
- Our nervous system speeds up



Focus on problems leads to:

- Tunnel vision
- Overwhelm
- Poor decisions
- Hitting the "red line"



Problem solving increases the speed of our motor.

We naturally focus on what's wrong. But staying here burns us out.

Our thoughts shape what we see.

If you look for yellow cars you'll see many more.



We notice problems first.

Our brain is wired to spot errors, not to celebrate what's right.

7 + 3 = 10
6 + 2 = 8
9 + 3 = 13
2 + 6 = 8

Excessive problem-solving is stressful.



2. REFLECTION CHANGES WHAT WE SEE

When we pause, we gain perspective and hope.



- PAUSE**
Reflection slows us down and gives us breathing space.
- PERSPECTIVE**
Calm helps us think clearly and more creatively.
- NOTICE STRENGTHS**
We begin to see what is working, not just what isn't.
- SEE GROWTH**
Small steps of progress become visible.
- RECONNECT**
We reconnect with purpose and what matters most.

Reflection protects our wellbeing and helps us care at our best.

Try a simple reflection practice



Pause
Take a breath. Slow down.



Notice
What went well well?



Name
One small step that's going growth.



Next step
What small step will help tomorrow?

Small moments of reflection. Big impact over time.

3. CHILDREN GROW WHEN CARERS STAY HOPEFUL

Your calm, consistent care shapes their future.

- ✓ Safer relationships
- ✓ Calmer behaviour
- ✓ More trust and connection
- ✓ Increased confidence
- ✓ Better emotional regulation
- ✓ Stronger self-worth



With time and consistent care...



Children become what they experience others seeing in them.



"Looking glass self"

Children see themselves as they experience others to see them – especially the adults who care for them.

To help children see the good in themselves, we need to see it too.



AURA supports reflective therapeutic care.



Accessible
Attend proactively.



Understanding
Use your words. Acknowledge their experience



Responsive
Anticipate needs and respond proactively.



Attuned
Connect, regulate, and reconnect, often



Breath
Calm your body and mind.



Move
Even small movement helps.



Connect
Talk with someone who gets it.



Recharge
Do something that replenishes you.



Be kind
Speak to yourself as you would a good friend.

Self-care ideas that make a difference



AURA App

Track delivery.
Celebrate progress.
Stay connected to what matters most.
Small steps.
Stronger impact.



Remember

- ✓ You are not alone.
- ✓ Your care makes a lasting difference.
- ✓ Progress is possible.

Keep reflecting. Keep caring.
Keep growing.



Look after yourself.
You matter.



Your wellbeing supports children.



Hope grows when we care.



Consistency creates safety.



What we notice grows.

Small changes. Stronger futures.

Healing happens in moments. Growth happens over time.

Children recovering from adversity grow at their own pace. Our role is to provide consistent therapeutic care, recognise progress, and keep building hope.

Strong
Foundations

Secure
Start



Progress is not perfection.

Look for small, positive shifts that show your child feels safer, more connected and more in control. These are signs of healing and new learning.

- ✓ Celebrate small wins
- ✓ Be patient and persistent
- ✓ Connection is the greatest predictor of change

WHERE THEY START

Surviving, not thriving



High alert
Worries, scans, expects the worst



Hard to trust
Tests boundaries, pushes people away



Big feelings
Overwhelmed, reactive, shuts down



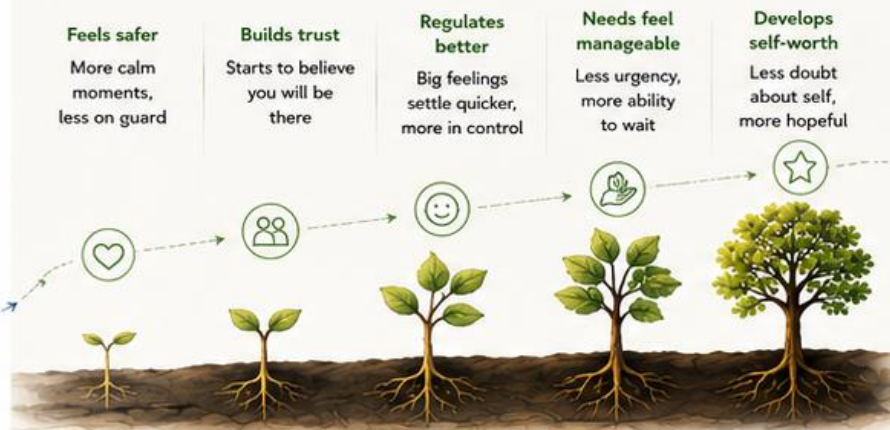
Needs feel urgent
Seeks control, struggles to wait



Low self-worth
Feels bad, undeserving, different

THE JOURNEY OF GROWTH

With consistent therapeutic care



Growth is gradual. Relapses happen. Connection repairs.

AURA APP: SEE HOW WE ARE DOING

Track care. See change. Stay on track.

THERAPEUTIC CARE (What I do)



Accessible



Attuned



Responsive



Understanding

AURA helps me:

- ✓ Reflect on my daily actions
- ✓ Stay consistent with what matters
- ✓ See patterns and build stronger habits

CHILD OUTCOMES (What I see in my child)



More regulated



More connected



More cooperative



More confident



When care is consistent, change is possible.

AURA helps me see it.

REMEMBER

You are making a lasting difference.

Keep showing up.
Keep connecting.
Keep believing.

Their future is growing.



SIGNS OF PROGRESS TO LOOK FOR

EMOTIONAL SIGNS



- Less intense reactions
- Calmer faster
- More smiles
- More moments of joy

RELATIONAL SIGNS



- Seeks connection more
- Initiates interaction
- Accepts comfort
- Shows affection

BEHAVIOURAL SIGNS



- Fewer outbursts
- More able to wait
- Follows routines more easily
- Problem solving improves

COGNITIVE SIGNS



- Better focus
- More open to learning
- More flexible thinking

SELF-WORTH SIGNS



- Less self-blame
- More pride
- Tries new things
- Talks more positively about self

WHAT PROGRESS IS NOT

- ✗ Perfect behaviour
- ✗ No setbacks
- ✗ Instant change
- ✗ The same for every child



WHAT HELPS PROGRESS GROW

- ✓ Consistent therapeutic care (AURA)
- ✓ Calm, connected relationships
- ✓ Predictable routines
- ✓ Proactive needs provision
- ✓ Understanding, not judgement
- ✓ Time, patience and hope



AURA App

Therapeutic care you can see.

Progress you can celebrate.

Growth you can nurture.



Your care today shapes their story tomorrow.
Keep going. You're not alone.



Provide therapeutic care



Notice progress



Celebrate growth



Build a brighter future



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Keep going. Keep growing.

AURA helps you stay focused, reflect, and deliver therapeutic care—every day.

Healing is not a one-off moment. It is built in daily interactions, through consistency, connection and care. AURA keeps you on track, even in the tough times.



Consistency is caring.

Children who have experienced adversity need predictable, reliable, therapeutic care to feel safe, trust, and grow.

- ✓ Consistent care calms nervous systems
- ✓ Consistent care builds trust
- ✓ Consistent care changes lives

You don't have to be perfect.
You just have to be present,
reflect, and keep showing up.



Strong
Foundations
Secure Start



REFLECTION SUPPORTS MINDFUL CARE

When we reflect, we:

- ✓ Pause and reset
- ✓ Understand our child
- ✓ See what's working
- ✓ Adjust what's not
- ✓ Strengthen connection
- ✓ Build confidence
- ✓ Take better care of ourselves

Reflection turns everyday moments
into meaningful progress.

THE POWER OF SMALL, REPEATED MOMENTS



You check in
They feel seen.



You stay calm
They feel safe.



You meet needs
They feel secure.



You understand
They feel valued.



You celebrate
They grow.

Small moments. Every day. Over time. Big impact. 

EVEN IN THE TOUGH TIMES...

Some days are hard. That's okay.
Reflection helps you reset
and respond, not react.



Your mindful choices today
build their secure tomorrow.

- ✓ I pause.
- ✓ I reflect.
- ✓ I choose.
- ✓ I connect.
- ✓ I keep going.



CHILDREN GROW BEST IN...



A consistent environment
A calm, connected caregiver
Predictable routines
Proactive care
Understanding and empathy



The result?
Better behaviour
Stronger relationships
Learning and confidence
A brighter future

This is what therapeutic care looks like in real life. 

AURA LINKS YOUR CARE TO THEIR GROWTH



Your care today shapes their story tomorrow. 

AURA APP: YOUR DAILY SUPPORT TOOL

Simple. Practical. Meaningful.
Built for busy, caring people.



CHECK IN DAILY
Quick check-ins keep you
focused on what matters most.



REFLECT & LEARN
Understand your child, yourself,
and your impact.



SEE PROGRESS
Track therapeutic care and
see how your child is growing.



STAY ON TRACK
Helpful prompts, tips and
reminders keep you going.



CELEBRATE WINS
Acknowledge progress,
no matter how small.

You are not alone. AURA is with you,
every step of the way. 



Keep reflecting.
Keep connecting.
Keep making a difference.
AURA helps you do what matters most.



Reflect
with intention



Care
with consistency



Connect
with heart



Track
your impact



Celebrate
every step



AURA App
Stay focused.
See progress.
Change lives.
Everyday.



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