



# CARE

What Holds It All Together

Care lives in small, steady acts: preparing a meal, tending to a wound, walking hand in hand. It isn't always noticed, but it is always present.

This book traces the many ways care shapes childhood, through hands that guide, eyes that watch over, and routines that offer comfort.

These images ask us to pause and reflect on the relationships, labour, and devotion that help children thrive.

Can we look beyond the absence of formal support and recognise the richness in everyday gestures of care, those invisible acts that hold entire childhoods together?



Khasi Hills, Meghalaya

**Nature - Play - Cuddles** 



Jaintia Hills, Meghalaya

**Songs - Routine - Hygiene** 

Khasi Hills, Meghalaya

Siblings

Wobble

Burden

CMYC

Steps

Secrets

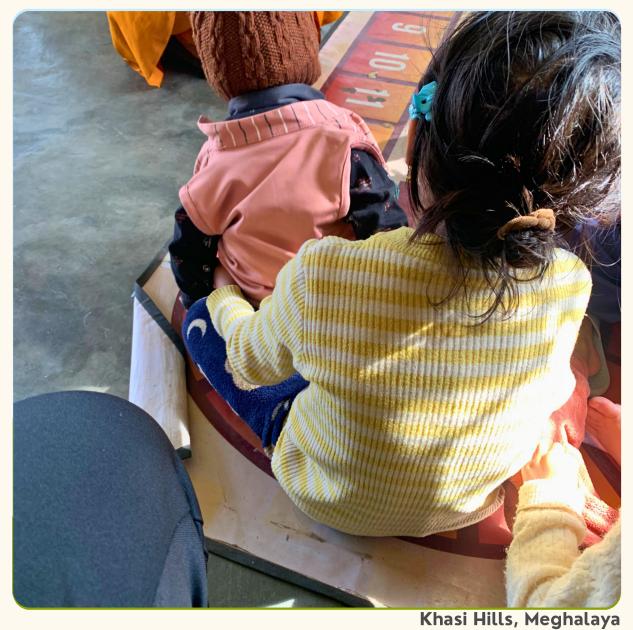
Giggles



Khasi Hills, Meghalaya

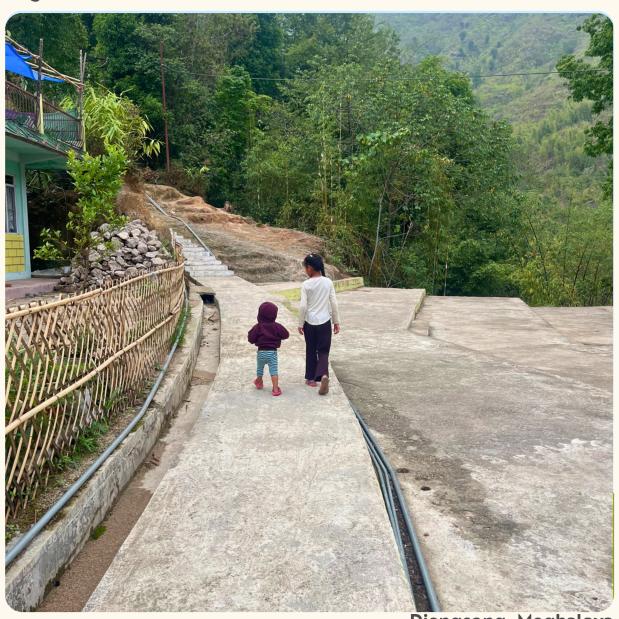
Cradle

Hush
Protect



Guide

Laugh
Earthquakes



Diengsong, Meghalaya

CMYC

Whisper

**Shiver** 

**Tales** 



Khasi Hills, Meghalaya

Damp
Still
Cough



Khasi Hills, Meghalaya

**Turmeric** 

Rinse

**Ritha** 



Jaintia Hills, Meghalaya



This work is supported by









