



Upcoming Virtual Trainings/Meetings

Contact your therapist or Ken Summers at Ksummers@thebabyfold.org for more information about....

Parent Support Groups:

- ❖ **Wednesday Noon group:** Provides education and support related to parenting, trauma, and self-care within the context of adoption and foster care. Meets 2x a month.
- ❖ **Dads Sharpen Dads:** A safe place for dads to share their unique challenges, as well as education and support for each other to be their very best. Meets 2x a month.

Coming soon!:

- ❖ **Online Trust-Based Relational Intervention® (TBRI®) for Caregivers:** TBRI is a trauma-informed program for caregivers and professionals who work with children who "come from hard places." TBRI is designed to meet the basic relationship and developmental needs of these children, as well as the needs of the adults who seek to help them heal, learn, and grow. This eight-week class begins January 23rd, and will take place weekly on Tuesdays from 9:00 am-12:00 pm. [Registration is required](#). See flyer for additional information.

Other Resources:

- [What is Self-Regulation?](#) - How do people learn to regulate their bodies, behaviors, and emotions? How can parents help children learn to self-regulate? The answer is through co-regulation! Learn how people experience dysregulation and how, over time, they can develop the ability to self-regulate.
- [What's Regulation Got to do with It?](#) - Robyn Gobbel podcast
- [Co-Regulation From Birth Through Young Adulthood: A Practice Brief](#)

"Tell your children 'you are precious,
 you are valuable, and nobody else is
 created like you.'"
 -- Dr. Karyn Purvis

TBRI Tip of the Month

- **Understanding Regulation**
 - External regulation: Loving caregivers regulate all needs of infants.
 - Co-regulation: Adults provide much support, and children learn basic self-regulation skills and to ask for needs. Adults and children work together to meet those needs.
 - Self-regulation: Caregivers are still in charge of children and the environment around them. Children have learned to regulate needs such as preparing a simple snack when they are hungry or putting on a sweater when they are cold.
 - **Co-regulation comes before self-regulation developmentally, and remains a *critical* resource across development!**
- **Important regulation reminders:**
 - Adults must be regulated themselves before they can help a child regulate!
 - Model behavior you want to see from the child.
 - Play disarms fear; playful engagement is a powerful strategy for connecting and correcting (teaching) children.
 - "Catch it low"- know the child's triggers and watch behavior closely so that you can respond quickly.
 - Know what works for the child; talk about it (and practice!) during calm moments.
 - *Read more from the [Nurturing Change Blog](#)*



THE BABY FOLD'S
**VIRTUAL PARENT
SUPPORT GROUP**

1ST AND 3RD WEDNESDAY OF EACH MONTH
12:00-1:00 PM

SUPPORT AND EDUCATION FOR FAMILIES FORMED
THROUGH ADOPTION AND GUARDIANSHIP

EMAIL MELISSA AT MLEGENDRE@THEBABYFOLD.ORG FOR
MORE INFORMATION & LINK TO MEETINGS

“You cannot lead a child to a place of healing
if you do not know the way yourself.”
– Dr. Karyn Purvis

Dads Sharpen Dads

“As iron sharpens iron, so one man sharpens another.”

The Baby Fold

Dad’s Support Group

1st & 3rd Monday evenings

7:15 pm–8:15 pm

Email Ken Summers at ksummers@thebabyfold.org

to sign up!

“ If we can communicate to our children,
It’s you and me against your history,

We have a strong place to begin.”

Dr. Karyn Purvis



ONLINE TRUST-BASED RELATIONAL INTERVENTION® (FOR CAREGIVERS)

INTRODUCTION AND OVERVIEW-JANUARY 23 & 30, 2024

CONNECTING PRINCIPLES: UNDERSTANDING ATTACHMENT- FEBRUARY 6 & 13, 2024

EMPOWERING PRINCIPLES – FEBRUARY 20 & 27, 2024

CORRECTING PRINCIPLES- MARCH 5 & 12, 2024

(PARTICIPANTS NEED TO ATTEND CONNECTION AND/OR EMPOWERMENT TO ATTEND CORRECTIONS)

TUESDAYS 9:00 AM – 12:00 PM

Trust-Based Relational Intervention® (TBRI®) is a trauma-informed program for caregivers and professionals who work with children who "come from hard places." TBRI® is designed to meet the basic relationship and developmental needs of these children, as well as the needs of the adults who seek to help them heal, learn, and grow.

These classes will:

1. Provide an introduction and overview of TBRI®
2. Explore the three TBRI® core principles: Empowering, Connecting, and Correcting.
3. Provide participants with insight into the connection between a child's trauma history and their long-term development.
4. Enhance participants' understanding of how to interpret a child's behaviors and respond in a manner that strengthens relationships and attachment.
5. Create a framework for the practical application of TBRI® concepts and strategies across settings.
6. Examine what secure attachment looks like between children and caregivers.
7. Teach helpful ways to build and strengthen deep emotional connections with children who come from "hard places."
8. Enhance participants' understanding of how children's behaviors can be impacted by their attachment histories.
9. Explore how each caregiver's own attachment history influences the way we parent and care for children.
10. Explore in depth the concept of felt safety and how felt-safety impacts emotional regulation and behaviors in children.
11. Enhance understanding about the physiological (internal) roots of children's behavior as they relate to sensory needs, hydration, and blood glucose levels.
12. Enhance understanding about the ecological (external) factors that also influence children's behaviors.
13. Develop strategies for meeting the physiological and ecological needs of our children in order to create felt safety and empower them to be successful.
14. Lay foundation for understanding how to balance structure and nurture during interactions with children.
15. Enhance understanding of the TBRI® IDEAL Response© and Levels of Response™.
16. Explore application of Correcting Principles in a way that strengthens felt-safety and emotional connection while successfully changing negative behaviors.

Purvis, K., Cross, D.R, & Hurst, J.R. (2012)]

Training will begin at **9:00 am** and will end by **12:00 noon** each Tuesday morning **starting Jan. 23rd** for 8 weeks.

Training Location: Online through a Zoom link provided after you have **registered with Eventbrite**.

To register please use this Eventbrite link: <https://www.eventbrite.com/e/online-trust-based-relational-intervention-caregivers-training-tickets-755651783827?aff=oddtcreator>

If you have questions, you can contact Ken Summers at ksummers@thebabyfold.org or (309) 532-3281.

This online training is free, but advance registration is required. Seating is limited.

Interested Participants: Parents (Caregivers), Teachers, Mentors, Counselors, Juvenile Justice Providers, Case Workers and other Caring Professionals. **This is not a train the trainers training.**

References: Purvis, K., Cross, R.R., & Hurst, J.R. (2012). *Trust-Based Relational Intervention: TBRI® Introduction and Overview* [Instructor Workbook]. Fort Worth, TX: TCU Institute of Child Development.