

Upcoming Virtual Trainings/Meetings

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

Parent Support Groups:

- ❖ **Tuesday Night Parent Support group:** Provides education and support related to parenting, trauma, and self-care within the context of adoption and foster care. Meets 2x a month.
- ❖ **Tuesday Daytime group:** Similar to the group above but is offered during the day. Meets 2x a month.
- ❖ **Mom's Support group:** Primarily focuses on support, celebrating successes, and sharing/discussing challenges. Meets 1x 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 1x a week.

The following groups are currently taking a break, but plan to return at a later date. Please inquire if interested in...

- ❖ **Ethnic Hair and Skin Care Parent group:** Join a supportive group of adoptive and foster parents in learning all about how to care and maintain your child's skin and hair.
- ❖ **Single Parent Support group:** This group is for single caregivers who are raising a foster or adopted child. Possible topics include anxiety, stress, self-care, balance, etc.

Other Resources:

Summer CORE Teen groups are starting up! To register, email DCFS.TRAINING@ILLINOIS.ORG.

We begin with a comprehensive understanding of the effects of trauma on the brain and ongoing discussions about how to better meet the needs of youth effected by trauma, as well as meeting our needs as a caregiver.

- 7 Consecutive Wednesdays from 6pm-9pm beginning June 22, 2022
- 7 Consecutive Mondays from 9am-noon beginning June 27, 2022 (with a day off for Independence Day)

TBRI Tip of the Month

"Instead of seeing yourself as a victim...
begin seeing your role as a compassionate, nurturing
guide and ally for your little one."

-- Dr. Karyn Purvis

- **Responsive Strategies** provide caregivers with tools for responding to challenging behaviors and are most effective when used in conjunction with proactive (Empowering and Connecting) strategies.
- **The IDEAL Response®**
 - Immediate: Initiate correction within 3 seconds of the behavior whenever possible. When you address challenging behavior quickly, children are better able to learn from the experience.
 - Direct: Get on the child's level and co-regulate with gentle touch and gentle eye contact (as much as the child can tolerate). This also helps caregivers attune more accurately with the child's emotional and physiological state.
 - Efficient: Using more intervention than a situation calls for may drive children into a worse cycle of behavior. Match your level of response to the intensity of the situation, be mindful of your own emotional response to the situation, and use Total Voice Control (tone, volume, cadence).
 - Action-Based: Active, experiential learning creates and strengthens new connections in the brain. Action gives children a chance to be successful with a "re-do" or trying it again. Make this a positive opportunity for success, and not a re-enactment of their mistake.
 - Leveled at the behavior: Adults must help children understand that their behavior does not define who they are. Correction should address the behavior at hand, not the child as a person. Help children understand they are valuable and loved regardless of their behavior.



THE BABY FOLD **PARENT SUPPORT GROUP**

**1ST AND 3RD TUESDAY OF EACH MONTH
8-9PM**

EMAIL EMILY BACKODE AT EBACKODE@THEBABYFOLD.ORG OR
CARLEY JACOBI AT CJACOBI@THEBABYFOLD.ORG FOR MORE
INFORMATION

**“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

Monday evenings

7:00 pm—8:00 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



SAVE THE DATES!

CORE Teen will be presented via online training platforms

We have just added a new training for this spring. This state-of-the-art program is designed to provide group instruction to foster and adoptive parents to build the skills necessary to meet the needs of youth who have moderate to serious emotional and behavioral health challenges. Although geared to address issues faced by teens, general principles should be applied to parenting children of all ages. Training begins with a comprehensive understanding of the effects of trauma on the brain and ongoing discussions address how to better meet the needs of youth impacted by trauma while meeting your own needs as a caregiver.

By registering for this training, you are committing to actively participate virtually on camera and microphone during 7 weekly WebEx meetings and through outside reading and self-assessment.

7 Consecutive Mondays beginning June 27, 2022

9 am-noon (Day off for Independence Day)

7 Consecutive Wednesdays beginning June 22, 2022 6-9 pm

The CORE Teen curriculum was developed through a 3-year Foster/Adoptive Parent Preparation, Training and Development Initiative cooperative agreement with the Children's Bureau, Administration on Children, Youth and Families, Administration for Children and Families, U.S. Department of Health and Human Services, under grant #90CO1132. Project partners included Spaulding for Children; the Child Trauma Academy; The Center for Adoption Support and Education; the North American Council on Adoptable Children; and the University of Washington.

To Register Please Email: DCFstraining@illinois.gov