

## Adoption Preservation Newsletter

### UPCOMING TRAININGS/MEETINGS

#### TBRI Classroom Intervention Training:

- ❖ **Location:** The Baby Fold, 1500 Fort Jesse, Normal, IL. Saturday March 14, 2020 9 am to 4 pm; Please contact Kathleen Bush at; ([kbush@thebabyfold.org](mailto:kbush@thebabyfold.org)) to register. See attached flier for more information

#### Lunch-time support group:

- ❖ Urbana; The Baby Fold at 102 E Main St., Urbana, Suite 209; Tuesday; 3/3/20, 3/17/20, and 3/31/20 noon-1pm; register with Emily Backode ([Ebackode@thebabyfold.org](mailto:Ebackode@thebabyfold.org)) or Barbara Shelton ([bshelton@thebabyfold.org](mailto:bshelton@thebabyfold.org)); See attached flier for more information

#### Lunch-time support group:

- ❖ Normal; The Baby Fold at 318 Susan Drive; Monday 3/10/20 and 3/24/20 noon-1pm; register with Liz Fultz ([Lfultz@thebabyfold.org](mailto:Lfultz@thebabyfold.org)) or Marie Torchia ([mtorchia@thebabyfold.org](mailto:mtorchia@thebabyfold.org)); See attached flier for more information

"At-risk adopted children may appear to be a certain age physically, but inside they are playing catch-up-emotionally, behaviorally, and developmentally."

-- Dr. Karyn Purvis

### TBRI TIP OF THE MONTH

**Mindfulness Strategies** involve caregivers becoming acutely aware of what thoughts, beliefs and behaviors they bring to interactions, and how those might influence ongoing relationships. A mindful adult will know his/her own emotional triggers and will possess the ability to self-regulate in order to remain "in the moment."

Mindful adults are often able to maintain a calm presence in order to more effectively co-regulate a child; they are also more often able to be flexible in responding to negative behaviors, and they are able to be creative in problem-solving (using authoritative rather than authoritarian parenting tactics). Lack of mindfulness can cause a caregiver to engage in reactive parenting rather than responsive parenting, resulting in a loss of connection and attunement with the child's true needs.



The Baby Fold  
614 Oglesby Avenue  
Normal, IL 61761

For any comments or questions about the Adoption Preservation program or TBRI please contact Kathleen Bush at (309) 557-1066 or email her at [kbush@thebabyfold.org](mailto:kbush@thebabyfold.org)