



Trust Based Relational Intervention: Connecting Principles

Goal: To build trusting relationships that help children and youth feel valued, cared for, safe, and connected. Disarming fear and building trust greatly increases the capacity for connection, self-regulation, and learning.



1. Engagement Strategies
2. Mindfulness Strategies
3. **Giving Voice**

Here are some ways to practice Giving Voice in your home:

Giving choices

“Would you like to play on the trampoline first and then do your homework or would you like to do your homework first and then play on the trampoline?”

Giving Compromises

“May I please finish what I am doing and then go to bed?” Letting the child ask appropriately, with their words to have their needs/wants met can be healing for the child.

Sharing Power

By sharing power, caregivers actually prove the power is *theirs* to share. This does not mean capitulating or giving in to a child.

Activities:

Magic Feathers: A tool that gives a child the courage to speak, like in the movie *Dumbo*. An example of a magic feather could be a walkie talkie, an actual feather, a wand, or anything soft.

Bridge Activities: Parent or Caregiver observes the child to see what activities they enjoy, then the parent or caregiver utilizes the information to find common ground with the child. Example: Your child loves art, so you can plan an art time with your child to strengthen connection.

Other Resources:

[DCFS Path Beyond Adoption website](#)
(866) 538-8892

- **Why are Preventative Services important?**
- Click on this link below to watch a nationally produced video which features some of your very own TBF staff: [DCFS Path Beyond Adoption: Preventative Resources](#)

Giving Voice

- **Click on the link above to watch a short clip from Dr. Karyn Purvis.**

“Tell your children ‘you are precious, you are valuable, and nobody else is created like you’”
–Dr. Karyn Purvis

Due to the COVID 19 Pandemic, we are not able to meet in-person for our support groups at this time. Ask your therapist or email Ken Summers at ksummers@thebabyfold.org for more information regarding virtual support groups.