

# Trust Based Relational Intervention: Empowering Principles

Goal: To prepare “bodies and brains” for success by meeting physical needs and to prepare an environment that meets the physical and psychological needs of children and youth.



## 1. Ecological Strategies Part 1

## 2. Physiological Strategies

Here are some ways to practice Rituals in your home:

### Rituals

Click on the link above to find out why rituals are important and some ideas for rituals during the COVID19 pandemic.

Rituals are meaningful activities for all ages and stages that connect us with others, but they don't need to be complex or complicated. It could be as simple as when you tell your child “I love you” while looking into their eyes.

### **Activities:**

- Special Handshakes
- Nicknames
- Lunch or dinner together around the table
- [I love you rituals article](#)
  - [I love you Rituals video](#)
- Watching a special show together
- Doing a GoNoodle together

### **Other Resources:**

[DCFS Path Beyond Adoption website](#)

(866) 538-8892

- **Do I need to wait until my family is in crisis to get connected to services?**
- Click on this link below to watch a nationally produced video which features some of your very own TBF staff: [DCFS Path Beyond Adoption: Connecting to Services](#)

[Trinka and Sam: Fighting the Big Virus: A Book about COVID19](#)

“Each day of our lives we make deposits in the memory banks of our children.”  
- Charles R Swindoll

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](mailto:ksummers@thebabyfold.org) for more information regarding virtual support groups.