

AUGUST 2024

# TBRI® Newsletter

Trust-Based Relational Intervention®  
The Baby Fold - Adoption Support and Preservation



## THE TBRI PODCAST:

### [TBRI & TEENS I & II](#)

Scott Waters, Clinical Coordinator & therapist for a residential home for children, teens, and young mothers, as well as an adoptive parent of three, joins the TBRI podcast to discuss how TBRI can be implemented with teenagers.

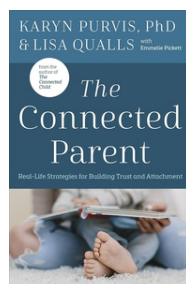
Key points from these episodes:

- Does TBRI work with teens? As Karyn Purvis herself said, “You bet your boots it works!”
- Connecting with teens is essential - as children move to adolescence, it is important for caregivers to follow the teen’s lead. Connection is more important than teaching at this stage of development.
- TBRI with teens is all about relationship - connect and engage through hobbies or interests that the teen has.
- Engagement strategies look similar in teens as in younger kids - it is important to make sure to have snacks and hydration available and offered frequently (this could include implementing a “yes” basket, drawer, or similar).
- Correction with teens may look a bit different; implementing a “re-do” with a teen will likely be ineffective. Providing opportunities for reflection and growth after a situation, while providing connection and engagement during struggles, can be much more impactful. Also, balancing nurture and structure is key!
- Finally, Scott reflects on a personal conversation with Karyn Purvis. She stated that, just like we are trying to convey inherent worth and love to children and teens, it is essential that parents and caregivers understand and know their own “preciousness”.

## ADDITIONAL RESOURCE:

*The Connected Parent: Real-Life Strategies for Building Trust & Attachment* by Karyn Purvis & Lisa Qualls

- Practical advice and powerful tools to build attachment within your family
- Available for purchase on Amazon: [The Connected Parent](#)



## Current virtual parent support groups at The Baby Fold:

### 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!*

**TBRI Virtual Series (evening class):** Trust-Based Relational Intervention® (TBRI®) is a trauma-informed program for caregivers and professionals who work with children who "come from hard places." Stay tuned for more info!

Contact Melissa at [mlegendre@thebabyfold.org](mailto:mlegendre@thebabyfold.org) or 309-557-1149 with any questions about ASAP services, groups, or TBRI.



# 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](mailto: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



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

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**1<sup>ST</sup> AND 3<sup>RD</sup> 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](mailto:MLEGENDRE@THEBABYFOLD.ORG) FOR  
MORE INFORMATION & LINK TO MEETINGS

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