

AUGUST 2025

# TBRI® Newsletter

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



## BACK TO SCHOOL - TBRI TIPS!

Back to school can be an exciting *and* stressful time for both children and parents! Here are some ideas/tips to consider before, or in the early days, of heading back into the school year:

**Healthy transitions** prepare children for changes.

- Begin talking about school and all of the changes *before* the first day. This might be talking about the school building/classroom, the child's teacher(s), as well as the structure/routine of the morning and evening.

**Giving choices** empowers children to have control over areas that are appropriate and reasonable for age and development.

- Let children pick out their school clothes, backpacks, water bottles, etc., from appropriate choices.

**Playful engagement** is fun and can help disarm fear.

- Consider where "silliness" and fun can fit into your routine. Waking up to a fun song or making things like putting on shoes into a game are just two examples of how this may be implemented.

**Connection** should always be a priority.

- Find ways that your child can remain feeling connected to you, even while away at school. Create a small picture book or chose a transitional item for the child to keep with them. Identify nurturing adults to be a support when you are not around (school counselor, a friend's parent, other school staff).

**Nurture/structure** balance to help develop a sense of felt safety.

- Some ideas for incorporating nurture include having a favorite snack when returning home from school, sitting in close proximity/making eye contact when they are telling about their day, touch in the form of hugs, holding hands, or piggyback rides, and spending time doing fun activities in the afternoons/evenings.
- Some ideas of incorporating structure include posting a schedule of the day's routine, maintaining consistent presence during daily routines, and using timers or clocks to help conceptualize how long until moving on to another activity/task, when it's time to leave in the morning, etc.

Coming soon!

### Book Club Caregiver Support and Education Group

Join us as we discuss *Raising Kids with Big, Baffling Behaviors* by Robyn Gobbel!  
Mondays, beginning September 8<sup>th</sup>  
12-1:00 pm; virtual

### Trust-Based Relational Intervention (TBRI) Classes and Caregiver Support

Designed for caregivers and professionals working with children "from hard places".  
Tuesdays, beginning September 16<sup>th</sup>  
5:30-7:00 pm; virtual

### Ongoing Parent Support Groups at The Baby Fold:

#### Wednesday Evening Group (virtual):

Provides education and support related to parenting, trauma, and self-care within the context of adoption and foster care.  
Meets 2x a month.

#### Wednesday Noon Group (virtual):

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 (virtual):

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.

Contact Melissa at

Mlegendre@thebabyfold.org or  
309-557-1149 with any questions about  
ASAP services, groups, or TBRI.

Follow ASAP on our  
[Facebook page!](#)



*The Baby Fold - Adoption Support and Preservation*

# Book Club

**CAREGIVER SUPPORT &  
EDUCATION GROUP**

*Are you an adoptive, guardianship, or foster parent  
struggling with your child(ren)'s behavior, seeking  
additional support and resources?*



*Join us in discussing*

**"Raising Kids with Big, Baffling Behaviors"**

*by Robyn Gobbel*

*A 12-week, virtual group beginning on September 8<sup>th</sup>, 2025*

*Mondays from 12:00-1:00 pm*

*Email Melissa at [MLegendre@thebabyfold.org](mailto:MLegendre@thebabyfold.org)*

*to register and/or receive additional info!*

# TRUST-BASED RELATIONAL INTERVENTION®

## CLASSES AND CAREGIVER SUPPORT



Join our 12-week virtual training designed for caregivers and professionals working with children from hard places. Learn trauma-informed strategies to help children heal, grow, and thrive.

### WHAT IS TBRI®?

A trauma-informed program that focuses on meeting the relational and developmental needs of children, while supporting caregivers in building healthy attachments and effective interventions.

### KEY TAKEAWAYS FROM THE TRAINING:

- Introduction to TBRI®: Empowering, Connecting, Correcting principles.
- Understand the link between trauma history and development.
- Learn to interpret and respond to behaviors to strengthen attachment.
- Discover strategies for creating felt safety and addressing behavior factors.
- Explore secure attachment and building deep emotional connections.
- Develop practical tools to balance structure, nurture, and correct behaviors.

### TRAINING DETAILS

SEPT. 16<sup>TH</sup>- DEC. 9<sup>TH</sup>  
TUESDAY EVENINGS, 5:30-7:00  
12 WEEKS, 3 WEEKS EACH SECTION

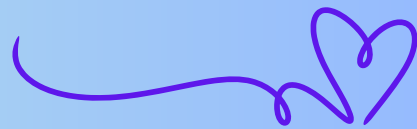
### REGISTER HERE:

<https://www.eventbrite.com/x/the-baby-fold-tbri-12-week-caregiver-training-fall-2025-tickets-1587124134009>



### CONTACT INFORMATION

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Adam Kinzer  
[akinzer@thebabyfold.org](mailto:akinzer@thebabyfold.org)



**THE BABY FOLD'S**

# Parent Support Group

**2<sup>ND</sup> AND 4<sup>TH</sup> WEDNESDAY OF EACH MONTH**

Held Virtually from 6:15–7:15 pm

**OUR PARENT GROUP OFFERS SUPPORT AND  
EDUCATION FOR PARENTS FOR FAMILIES  
FORMED THROUGH FOSTER CARE,  
ADOPTION, AND GUARDIANSHIP**



**"You cannot lead a child  
to a place healing, if you  
do not know the way  
yourself."**

**~ Dr. Karyn Purvis**



**Contact: [rhadden@thebabyfold.org](mailto:rhadden@thebabyfold.org) or  
[amunster@thebabyfold.org](mailto:amunster@thebabyfold.org) for more information  
and links**



## 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





The Baby Fold

# DADS SHARPEN DADS

"AS IRON SHARPENS IRON, SO ONE MAN SHARPENS ANOTHER"

Our Dads Support Group  
is virtually hosted on the  
1st and 3rd Monday  
evening of the month  
from 7:15 – 8:15 pm.

"If we can communicate  
to our children, 'It's me  
and you against history',  
then we have a strong  
place to begin."



## Contact Us

Email Ken Summers at [ksummers@thebabyfold.org](mailto:ksummers@thebabyfold.org) to sign up