

AUGUST 2026

# TBRI® Newsletter

Trust-Based Relational Intervention®

The Baby Fold - Adoption Support and Preservation



## BACK-TO-SCHOOL WITH TBRI: HELPING CHILDREN START STRONG

Back-to-school transitions can bring excitement for children and their parents! It can also bring big feelings, sensory overload, and increased stress. Using TBRI® principles can help children feel safe, connected, and prepared as they adjust to new routines this back-to-school season.

Here are a few practical ideas to consider:

- Create felt safety: Preview the school routine, practice new steps, and use simple, predictable language. Knowing what to expect can help reduce anxiety and increase a child's sense of safety.
- Connect before you correct: Build in a few minutes of one-on-one connection each day, especially during busy mornings and after school. Even just a few minutes of focused attention, play, or conversation can help strengthen attachment and support regulation.
- Practice playful engagement: When appropriate, use playfulness to make routines more inviting and to reduce power struggles. A silly song while getting dressed or a playful race to the car can turn a stressful moment into a connecting one.
- Prepare for the unexpected: Talk through what the school day might look like and make a simple plan for changes or challenging moments.
- Use Empowering Principles: Support your child's body and brain by prioritizing hydration, nutritious snacks, movement, sleep, and opportunities for sensory regulation. Consider sending familiar snacks, water, or a small comfort item, when appropriate.
- Build in transition time: After a full day of school, children may need time to decompress. Consider a snack, movement break, quiet activity, or connection time before jumping into homework or questions about their day.
- Expect big feelings: After holding it together at school, children may need extra patience and connection when they get home.
- Celebrate small wins: Notice effort, flexibility, and progress, not just "perfect" mornings, positive reports from teachers, or completed homework.

Most importantly, remember that connection comes first! A child who feels safe, supported, and understood is better able to learn, regulate, and navigate the challenges of a new school year.

Stay tuned for updates on new learning/support opportunities coming soon!

## Current/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.

Contact- [amunster@thebabyfold.org](mailto:amunster@thebabyfold.org)

### 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.

Contact- [mlegendre@thebabyfold.org](mailto:mlegendre@thebabyfold.org)

### 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.

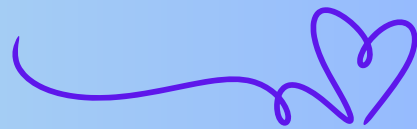
Meets 2x a month.

Contact- [ksummers@thebabyfold.org](mailto:ksummers@thebabyfold.org)

Contact Melissa at  
[MLegendre@thebabyfold.org](mailto: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'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