FEBRUARY 2025

TBRI® Newsletter

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



TBRI CONNECTING PRINCIPLES

Over the next few months, we will be briefly overviewing the three TBRI Principles- Connecting, Empowering, and Correcting. Connecting Principles are used to address attachment needs in a child, and is considered the "heartbeat of TBRI". Connection is *crucial* in building a secure attachment, which forms the foundation of healing and growth. "When you connect to the heart of a child, everything is possible." -Dr. Karyn Purvis

Within the Connecting Principles, there are two components: Mindfulness and Engagement Strategies.

Mindfulness is about the caregiver being aware of what they are bringing into interactions with a child, and being reflective about how these factors influence interactions. This includes (but not limited to) the caregiver's personal attachment style, past experiences/trauma, triggers, and current emotional, mental, and physiological state. Mindfulness is something caregivers should strive to practice in each and every interaction with a child.

Engagement strategies are the practical and specific things we do to help build connection and trust. These strategies include:

- Eye contact- to share/show a child's "preciousness"; produces oxytocin, a hormone that promotes bonding
- Healthy touch- essential for human beings; will look different for every child and a child's comfort/preference should be respected (hugs, snuggles, high fives, sitting close, etc.)
- Voice control- includes volume, speed, and cadence; should be altered to fit the needs of the child and the situation at hand
- Behavior matching- a way to connect nonverbally with a child; could be something like mirroring a child's play nearby or picking the same shirt color as the child
- Playful engagement- disarms fear and builds connection; a mindset and a way of interacting with a child in a silly, playful way

Resources:

TBRI Podcast episode: TBRI Connecting Principles with Amanda Purvis
TBRI Animate: Attachment
Nurturing Change blog post on Connecting Principles

Parent Support Groups at The Baby Fold:

Beginning February 24, 2025!
Book Club- Caregiver Support and
Education Group (virtual):
Are you an adoptive or foster parent
struggling with your child(ren)'s
behavior, seeking additional support
and resources? Join us as we discuss
Raising Kids with Big, Baffling
Behaviors by Robyn Gobbel!

Wednesday Noon Group (virtual):
Provides education and support
related to parenting, trauma, and selfcare 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 new Facebook page!





Book Club

CAREGIVER SUPPORT & EDUCATION GROUP

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



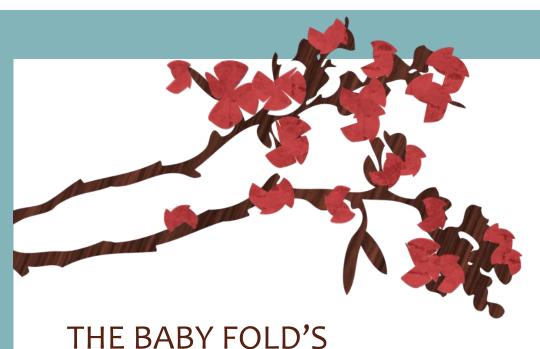
Join us in discussing

"Raising Kids with Big, Baffling Behaviors"

by Robyn Gobbel

A 12-week, virtual group beginning on February 24, 2025 Mondays from 12:00-1:00 pm

Email Melissa at <u>MLegendre@thebabyfold.org</u> to register and/or receive additional info!



VIRTUAL PARENT SUPPORT GROUP

1ST AND 3RD 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 FOR MORE INFORMATION & LINK TO MEETINGS

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

– Dr. Karyn Purvis

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 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