

JULY 2026

TBRI® Newsletter

Trust-Based Relational Intervention®

The Baby Fold - Adoption Support and Preservation



WHAT HAPPENS IN THE BRAIN DURING STRESS?

Have you noticed that a child who is upset seems unable to listen, think clearly, or make good choices? It may look (or feel) like they're refusing to cooperate, but often, their brain is doing exactly what it was designed to do: protect them.

When a child experiences stress, their brain shifts into "survival mode." The parts of the brain responsible for problem-solving, reasoning, and self-control become less active, while the brain focuses on staying safe. A child may respond by fighting, fleeing, freezing, or becoming overly compliant. In these moments, they're not being difficult on purpose; they're responding to what their brain perceives as a threat.

Children who have experienced trauma, loss, or chronic stress may enter survival mode more quickly or easily because their brains have learned to stay on high alert. Even everyday situations, such as a change in routine or being told "no," can feel very overwhelming.

This is why TBRI encourages caregivers to connect before correcting. When we respond with a calm voice, gentle presence, and empathy, we help communicate safety. As a child begins to feel safe, their brain can gradually shift out of survival mode and back into a state where learning, listening, and problem-solving are possible.

The next time your child is having a hard moment, try asking yourself, *"Is my child giving me a hard time, or are they having a hard time?"*. That simple shift in perspective can help you respond with curiosity instead of frustration.

Try This This Week: When your child becomes upset, focus first on helping them feel emotionally safe. Lower your voice, get on their eye level, and offer simple, reassuring words like, "I'm here with you," or "We'll figure this out together." Once they're calm, you'll have a much better opportunity to teach and guide them.

Additional resources:

[TBRI Animate: Toxic Stress and the Brain](#)

[TBRI podcast episode: Trauma, the Brain, and TBRI](#)

Information Session
for parents of adopted youth in high
school/transitioning into adulthood

Thursday, August 13th; 12:00 PM
Virtual via Microsoft Teams

This session is a future-focused learning opportunity where we will share valuable information about community-based programs and resources available to help your youth thrive. Topics covered will include education, mental health, and career planning.

Register/contact- dcarr@thebabyfold.org

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

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

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

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'S INFORMATION SESSION

FOR PARENTS OF ADOPTED YOUTH
IN HIGH SCHOOL OR TRANSITIONING
TO ADULTHOOD

JOIN US!

For a future focused learning opportunity about community based programs and resources for our youth.

WHAT WILL WE COVER?

Education

Programs designed to prepare youth for various careers, college/trade school, etc.

Mental Health

how to find trauma informed providers, emotional support, and health care access.

Career Support

Internships, career services, and agencies/programs that open doors to opportunities.

AND MORE!

COMPLETE SURVEY



<https://forms.office.com/r/8yDaSSM3nF>

DEADLINE

August 10th 2026



**CONTACT US TO RSVP AND
RECEIVE TEAMS LINK**

dcarr@thebabyfold.org



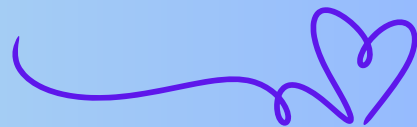
THE BABY FOLD'S **VIRTUAL PARENT SUPPORT GROUP**

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



THE BABY FOLD'S

Parent Support Group

2ND AND 4TH 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 or
amunster@thebabyfold.org for more information
and links**





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 to sign up