



## Upcoming Virtual Trainings/Meetings

Contact your therapist or Ken Summers at [ksummers@thebabyfold.org](mailto:ksummers@thebabyfold.org) for more information about....

### Parent Support Groups:

- ❖ **Wednesday Daytime 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 1<sup>st</sup> and 3<sup>rd</sup> Monday evenings.

Resources (click on the hyperlink to go to the article)

- [How much water should I be drinking? How much water should my child be drinking?](#)
- [5 Tips to Help Your Kid Drink Water](#)
- [Healthy Hydration Water Tracking Chart](#)
- [TBRI: Starting Small: Nutrition and Hydration](#)

## TBRI Tip of the Month

**“For our kiddos who often teeter on the edge of balanced neurochemistry, dehydration can greatly impact their ability to regulate.”**

**-Amanda Purvis**

## Hydration:

Even at low levels, dehydration causes changes in thinking, behavior and mood. Studies show that not having enough water leads to difficulty concentrating, trouble with memory, anxiety, and angry moods.

Hydration can improve brain functioning, stabilize neurotransmitter levels to improve brain performance (Purvis 2009).

Simple ways to increase hydration:

- Each child have their own water bottle available
- Caregiver lead by example
- Taking a sip of water before a snack



THE BABY FOLD  
**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**

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

# 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