

MAY 2025

TBRI® Newsletter

Trust-Based Relational Intervention®

The Baby Fold - Adoption Support and Preservation



PREPARING FOR SUMMER IN A TRAUMA-INFORMED WAY

Summer is almost here! Here are some topics of consideration for navigating summertime with kids, specifically those “from hard places”.

Summer break, no matter how it looks in your family, is a transition.

And transitions can be hard. Leaving the structure of school to be home for the summer, or to begin new structure of summer camp or an alternative care situation, are all transitions. It can be helpful to prepare the child for transitions as much as possible, talking about the upcoming changes beforehand, utilizing countdowns, and letting them have a say in the planning process (if developmentally appropriate).

Structure is important!

Keeping structure during the summer may be key in aiding your child's regulation. School is a high-structure environment that many kids thrive in. Try to meet the “structure needs” of the child (as well as yourself)- maybe they don't need every minute of their day planned out, but a general schedule of daily activities might make a huge difference for both the child and yourself!

If your child is going to summer camp...

Prepare your child as discussed above, as well as the camp staff! It is helpful for those who will be around your child to know their typical behaviors, preferences (sensory and otherwise), triggers, and regulation strategies.

A time to connect and play!

Summer can be a great time to have some “more” fun than what you may be able to do during the busy school year, such as taking a cooking class or visiting a nearby attraction. Even if it's not anything outside of the home or “extra special”, remember that just 10 minutes of intentional connection per day can make a difference in their regulation and your relationship.

Planning your “dream vacation”?

Vacations, trips, or even just new/different activities can be so fun and exciting, but also often very overwhelming for a number of reasons. “Begin with the end in mind”. Plan ahead and lower expectations. “Survival behavior” may easily find its way into your plans- keep routines as much as possible and expect and plan for dysregulation. Ask yourself, “What is the ‘goal’ of this vacation? What would be considered a ‘success’ for us?”.

Resource:

[TBRI Podcast episode- A TBRI Coffee Chat: Summer Edition](#)

Exciting Opportunity! Trust-Based Relational Intervention Classes and Caregiver Support

Join us for an upcoming training on TBRI! This free, seven-week training will be held virtually from 9am to 12pm starting on June 2nd. The class is open to parents and professionals alike.

[Register by clicking here!](#)

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!](#)





TRUST-BASED RELATIONAL INTERVENTION®



Classes and Caregiver support

Join our **7-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

June 2-July 21

Every Monday 9am-12pm
7 weeks, 3 weeks each section

Please note that there will be
no class on June 30

Register here:



Eventbrite:

<https://shorturl.at/BwKqd>

Contact Information

Adam Kinzer

Email: akinzer@thebabyfold.org



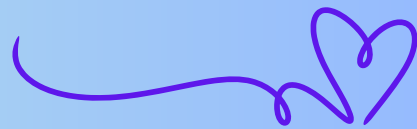
THE BABY FOLD'S **VIRTUAL PARENT SUPPORT GROUP**

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