

MARCH 2025

TBRI® Newsletter

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



TBRI EMPOWERING PRINCIPLES

This month, we move to exploring the Empowering Principles of TBRI. Empowering Principles strengthen regulation by meeting a child's physical and environmental needs.

Within the Empowering Principles, there are two components: physiological strategies and ecological strategies. Dr. David Cross, co-creator of TBRI, identifies these as the “*wisdom of the body*” and the “*wisdom of places*”.

Physiological strategies are about meeting a child's physical needs, their sensory needs, and modeling self-regulation. Some steps/tips to address physiological strategies include:

- Offer a nutritious snack/meal every two hours to help maintain blood sugar levels
- Ensure that the child is hydrated and drinking plenty of water
- Attempt to keep a consistent sleep schedule
- Ensure that the child engages in physical activity often, about every two hours
- Pay attention to and address the child's sensory needs and preferences
- Teach the child what regulation means, empower them to communicate when when feeling dysregulated, and teach/practice regulation skills when calm

Ecological strategies are about arranging a child's environment in a way that they can be successful. Some steps/tips to address ecological strategies include:

- Provide the child with consistent and predictable routine/daily schedule; this could include having a visible schedule in the home
- Provide as much notice and explanation when the routine/schedule might change; Give choices whenever possible
- Announce transitions ahead of time, as they can be particularly difficult
- Use playful engagement during times of stress or transition

Resources:

[TBRI Podcast episode: TBRI Empowering Principles with Dr. David Cross](#)
[TBRI Animate](#)
[Nurturing Change blog post on Empowering Principles](#)

Exciting Opportunity! [Transracial Adoption Workshop](#) with [Angela Tucker](#)

This three-part workshop will be focused on supporting families and professionals working with transracial adoptees and will provide valuable tools and strategies for fostering positive identities and addressing the unique challenges transracial adoptees face.

May 7th, 14th, & 21st
10am-noon

You can attend either in person (at one of three locations: Bloomington/Normal, Springfield or Urbana) or virtually, making it accessible no matter your location.
[Register by clicking here!](#)

Parent Support Groups at The Baby Fold:

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 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!](#)



TRANSRACIAL ADOPTION WORKSHOP



Three Part WorkShop for Families and Professionals

This workshop will provide a window into the nuanced first-hand narratives of adoptees through videos, anonymized case studies and Angela's personal stories. This interactive workshop will leave you thinking about the role transracial adoption plays in our quest for racial justice in America.

EACH WORKSHOP WILL BE HELD FROM 10-NOON

DAY 1 - MAY 7, 2025
LECTURE | 2 HOURS

DAY 2 - MAY 14, 2025
OPEN DISCUSSIONS | 2 HOURS

DAY 3 - MAY 21, 2025
ADOPTTEE PANEL | 90 MINUTES

Families can join In-Person or Virtually

Transracial caregiving is a multifaceted journey for the entire family, but it is often the child who bears the brunt of navigating the complexity of the experience. It is critical that caregivers and parents understand the history of why children of color are over-represented in child-welfare in order to avoid perpetuating racism and to instead embrace an anti-racist outlook to support the health and wellbeing of transracial adoptees and/or transracial foster youth.

LCSW/LSW CEUs available to on-site attendees.



At 3 Locations:

→ First Christian Church,
3601 South Staley Road,
Champaign, IL 61822

→ 5220 South 6th St.
Suite 2200
Springfield, IL 62703

→ 1701 W Market St.
Suite ,Bloomington,
IL 61701

CONTACT US ▶



Contact:
pshrestha@thebabyfold.org
or call (309) 557-1051



Registration:
<https://tinyurl.com/bdhu9h8e>

The Baby Fold - Adoption Support and Preservation

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 MLegendre@thebabyfold.org

to register and/or receive additional info!



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



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