

OCTOBER 2025

# TBRI® Newsletter

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



## ATTACHMENT-BASED PARENTING:

### SIMPLE WAYS TO CONNECT DAILY

In the busyness of life, it's easy to feel like meaningful connection with our children can slip through the cracks. But here's some good news: you don't need hours of time or grand gestures to build strong attachment. Small, consistent moments of connection are the heartbeat of attachment-based parenting.

Attachment-based parenting, grounded in the principles of TBRI, emphasizes the importance of building a strong emotional bond with your child(ren). A secure attachment creates a foundation for safety, regulation, and long-term healing—especially for children who've "come from hard places".

Here are five simple ways to connect with your child(ren) each day:

#### 1. Get Eye-Level and Make Eye Contact

Even a few seconds of eye contact communicates, "I see you, and I'm here." When you greet your child, get down to their level, smile, and look them in the eyes. This can help with regulation and creating trust.

#### 2. Offer Gentle, Nurturing Touch

A quick hug, a hand on the shoulder, or a warm snuggle during storytime can calm the nervous system and foster safety. Always be mindful and respectful of your child's comfort with touch.

#### 3. Create Predictable Routines

Consistency builds safety. Simple routines like morning check-ins, bedtime routines, or "connection time" after school give your child something steady to count on.

#### 4. Play Together—Even for 10 Minutes

Play is the language of children. Setting aside even just 10 minutes of child-led play each day gives them the message: "You are important. I enjoy being with you."

#### 5. Use Your Voice to Soothe and Connect

Your tone can be more powerful than your words. A calm, warm voice (even when you're setting limits) can help co-regulate your child and keeps connection at the center of correction.

Check out these resources to learn more:

[TBRI Podcast- TBRI Connecting Principles with Amanda Purvis](#)

[Nurturing Change blog post on Connecting Principles](#)

It's not too late!

#### Book Club Caregiver Support and Education Group

Join us as we discuss *Raising Kids with Big, Baffling Behaviors* by Robyn Gobbel!

Mondays, beginning September 8<sup>th</sup>  
12-1:00 pm; virtual

#### 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.

##### 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!](#)



*The Baby Fold - Adoption Support and Preservation*

# Book Club

**CAREGIVER SUPPORT &  
EDUCATION GROUP**

*Are you an adoptive, guardianship, 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"**

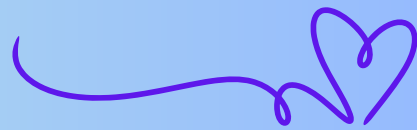
*by Robyn Gobbel*

*A 12-week, virtual group beginning on September 8<sup>th</sup>, 2025*

*Mondays from 12:00-1:00 pm*

*Email Melissa at [MLegendre@thebabyfold.org](mailto:MLegendre@thebabyfold.org)*

*to register and/or receive additional info!*



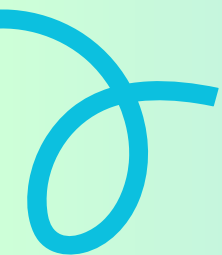
**THE BABY FOLD'S**

# Parent Support Group

**2<sup>ND</sup> AND 4<sup>TH</sup> 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](mailto:rhadden@thebabyfold.org) or  
[amunster@thebabyfold.org](mailto:amunster@thebabyfold.org) for more information  
and links**



## THE BABY FOLD'S **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**

SUPPORT AND EDUCATION FOR FAMILIES FORMED  
THROUGH ADOPTION AND GUARDIANSHIP

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