



Upcoming Virtual Trainings/Meetings:

Contact your therapist or Ken Summers at Ksummers@thebabyfold.org for more information about Parent Support Groups:

- ❖ **Tuesday Night Parent Support group:** Provides education and support related to parenting, trauma, and self-care within the context of adoption and foster care. Meets 2x a month.
- ❖ **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.
- ❖ **Mom's Support group:** Primarily focuses on support, celebrating successes and sharing/discussing challenges. Meets 1x 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 1x a week.

Other Resources (click on the link embedded in the title to see the video):

1. [Podcast - Creating Structure during the Chaos of the Holidays](#)
2. [Podcast – How to Handle Overstimulation and the Holidays](#)

"It is not you against this child. It is you and this child against this child's history. It is not a personal attack on you."
-- Dr. Karyn Purvis

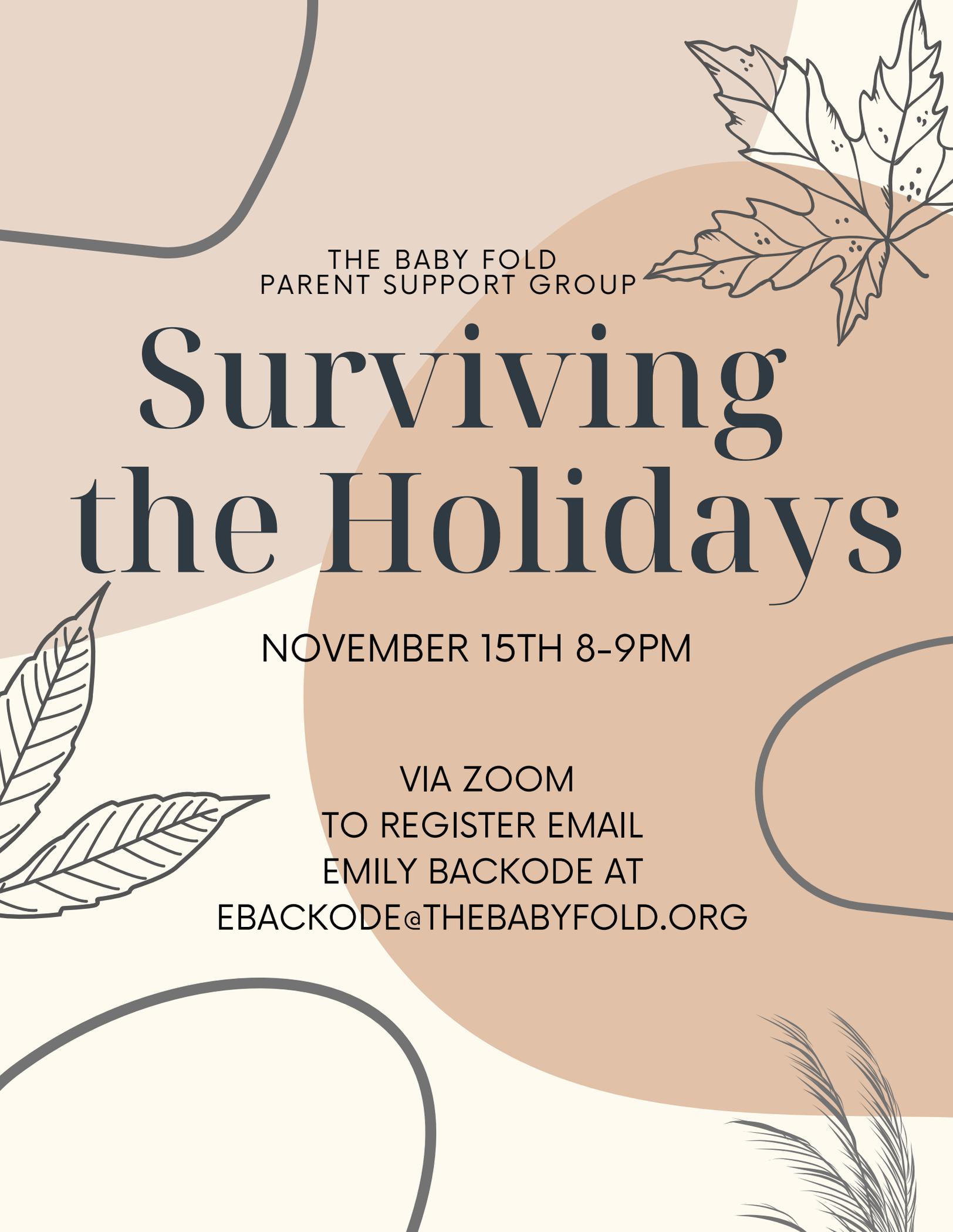
TBRI Tip of the Month

Holiday Chaos

Sometimes, Parents with kids from hard places share that difficult behaviors increase around the holiday season. There could be many reasons for this such as disrupted routines, perhaps an increase in sugar, decrease in sleep, lots of people and noises, different smells and sights. However, the holidays can be survivable with a few proactive steps.

Proactive Steps to Surviving the Holidays:

1. Putting out a weekly schedule, and going over with your child what the changes in routine will look like
2. Pick 1-2 things to keep the same from the everyday normal schedule such as bedtime, dinner time, snack time.
3. Reflect on possible triggers. Are there any specific holiday smells, sights, sayings that are trauma triggers?
4. Have a quiet place where your child can go to if the lights are overstimulating, or away from sounds, people, etc.
5. Self-Care. This season can be so busy and stressful, don't forget to take care of yourself too.



THE BABY FOLD
PARENT SUPPORT GROUP

Surviving the Holidays

NOVEMBER 15TH 8-9PM

VIA ZOOM
TO REGISTER EMAIL
EMILY BACKODE AT
EBACKODE@THEBABYFOLD.ORG

The Baby Fold



Open to Foster, Adoptive, and any Parents that need support surrounding behavioral, emotional, and attachment difficulties.

2nd & 4th Tuesday of the month

Location: Virtually through Microsoft Teams

Time: 12:00 – 1:00 pm

Contact **Liz Fultz** (Lfultz@thebabyfold.org or 309-531-7444)

Nicole Hrabik (nhrabik@thebabyfold.org or 309-532-1230) or

***Please email to be put on parent support group or if you need assistance with Teams.**



THE BABY FOLD **PARENT SUPPORT GROUP**

**1ST AND 3RD TUESDAY OF EACH MONTH
8-9PM**

EMAIL EMILY BACKODE AT EBACKODE@THEBABYFOLD.ORG OR
CARLEY JACOBI AT CJACOBI@THEBABYFOLD.ORG FOR MORE
INFORMATION

**“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

Monday evenings starting

July 18, 2022 7:15–8:15 pm

Email Ken Summers at ksummers@thebabyfold.org

for a Zoom link!

" 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