



Upcoming Virtual Trainings/Meetings

Contact your therapist or Ken Summers at ksummers@thebabyfold.org for more information about....

Parent Support Groups:

- ❖ **Wednesday Noon 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 2x a month.

Other Resources:

The [PATH Beyond Adoption](#) website is a great resource for all adoptive and guardianship families!
"Building a family by adoption or guardianship is the beginning step of a new journey. The Illinois Department of Children and Family Services understands that families at different points will have different needs. DCFS developed PATH Beyond Adoption where PATH represents the collective Partners Available to Help, after adoption or guardianship."

"The key is to treat the whole child, with all his or her interrelated needs, not just one small aspect of behavior or illness."

-- Dr. Karyn Purvis

TBRI Tip of the Month

Re-dos

- Re-dos give children a chance to practice a new behavior in a fun and playful way, while building self-esteem through success.
- They are NOT intended to be punishment, but rather instruction.

Choices and compromises

- Choices and compromises share power, which provides motivation to the child, while also building trust in your relationship.
- Be sure to use a warm, authoritative tone of voice and gain eye contact, if possible.
- Keep the choices to two options that both of you find acceptable, but be willing to listen and compromise if the child has an acceptable alternative suggestion.
- Have the child verbally repeat all the steps of their choice and then repeat them yourself, so that expectations are very clear and predictable.
- Empower your child by sharing power (letting them choose) while also providing structure (limiting choices to acceptable options). Giving your child an active role in decision-making and problem-solving builds confidence, self-esteem, and life skills!



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

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

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