



Upcoming Virtual Trainings/Meetings:

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

- ❖ **Trust Based Relational Intervention Connection Principle:** This training is a short series (three – 2 hour meetings) that will provide an in-depth exploration of the TBRI Connection Principle. Training will be held on Thursday January 14th, 21st and 28th 2021. Sign-in will begin at 5:45pm.
- ❖ **Prospective and New Adoptive and Foster families:** 8-10 sessions focusing on the 7 domains covered in START services: Positive Supports, Physiology, Parenting, Emotional Regulation & Empathy, Healthy Thinking & Mindfulness, Executive Functions, Identity, Goals & Future Planning. Will meet 1/25 and 2/1 at 7:00pm.
- ❖ **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 1x a week.
- ❖ **Wednesday Daytime group:** is similar to the group above but is offered during the day. Meets 2x a month.
- ❖ **Single Parent Support group:** is for single caregivers who are raising a foster or adopted child. Possible topics include anxiety, stress, self-care, balance, etc. Meets 1x a week.
- ❖ **Mom's Support group:** Primarily focuses on support, celebrating successes and share/discuss 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.
- ❖ **Teen Group:** Tuesday evenings where teens throughout The Baby Fold services can connect to get support on personal, social, and school related issues. Meets 1x a week.

TBRI Tip of the Month

"Tell your children 'you are precious, you are valuable, and nobody else is created like you.'"
-- Dr. Karyn Purvis

Development of Self-Regulation

- ❖ *Other-regulation:* Loving caregivers regulate the needs of infants.
- ❖ *Co-regulation:* Adults provide much support, but children learn basic self-regulation skills and to ask for needs. Adults and children work together to meet those needs.
- ❖ *Self-regulation:* Caregivers are still in charge of children and the environment around them. Children have learned to regulate needs such as preparing a simple snack when they are hungry or putting on a sweater when they are cold.