



Trust Based Relational Intervention: Around the Holidays



1. **Proactive Strategies**
2. **Responsive Strategies**

Click on the underlined words below which are links to videos and websites to learn about TBRI around the Holidays:

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 change in routines, perhaps an increase in sugar, decrease in sleep, lots of people and noises, different smells and sights. Despite these changes, the holidays can be survivable with a few proactive steps.

Proactive steps to surviving the Holidays:

1. Put out a weekly schedule, and go 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 they get overstimulated by the lights, sounds, people, etc.
5. Self-Care. This season can be so busy, don't forget to take time for yourself too.

Other Resources:

[TBRI Tips for the Holidays](#)

Podcasts

- Click on the link below and scroll down to find these two podcasts:
 - [Creating Structure during the Chaos of the Holidays](#)
 - [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

Our virtual support groups are up and running! Ask your therapist or email Ken Summers at Ksummers@thebabyfold.org for more information regarding virtual support groups.