



## Upcoming Virtual Trainings/Meetings

Contact your therapist or Ken Summers at [Ksummers@thebabyfold.org](mailto: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.

### Coming soon!:

- ❖ **Online Trust-Based Relational Intervention® (TBRI®) for Caregivers:** TBRI is a trauma-informed program for caregivers and professionals who work with children who "come from hard places." TBRI is designed to meet the basic relationship and developmental needs of these children, as well as the needs of the adults who seek to help them heal, learn, and grow. This eight-week class begins January 23<sup>rd</sup>, and will take place weekly on Tuesdays from 9:00 am-12:00 pm. [Registration is required](#). See flyer for additional information.

#### Resources (click on the link embedded in the title):

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

## TBRI Tip of the Month

**"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**

### Holiday Chaos

Sometimes, parents with children 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, and different smells and sights. Here are some tips to help survive (and thrive!) during this holiday season:

- Be flexible with expectations, and set the bar at a realistic level.
- Keep it as structured and simple as possible, and remember to meet basic physical needs like nutrition, hydration, sensory needs, and sleep.
- Create a visual schedule and review/prepare for what the day will be like. Try to pick 1-2 things to keep the same from the everyday normal schedule such as snack time and bed time.
- Consider sensory needs and sensory overload. Have a quiet place where your child can go to if the lights are overstimulating, or away from sounds, people, etc.
- Reflect on possible triggers. Are there any specific holiday smells, sights, sayings that are trauma triggers? Also, remember that grief and loss are often heightened during the holidays, so allow space for the expression of feelings and grieving.
- Engage in self-care! This season can be busy and stressful, so don't forget to take care of yourself, too.

<https://empoweredtoconnect.org/tis-the-season/>

<https://nurturing-change.org/blog/f/surviving-the-holidays>



THE BABY FOLD  
**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

# 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](mailto: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



# ONLINE TRUST-BASED RELATIONAL INTERVENTION® (FOR CAREGIVERS)

INTRODUCTION AND OVERVIEW-JANUARY 23 & 30, 2024

CONNECTING PRINCIPLES: UNDERSTANDING ATTACHMENT- FEBRUARY 6 & 13, 2024

EMPOWERING PRINCIPLES – FEBRUARY 20 & 27, 2024

CORRECTING PRINCIPLES- MARCH 5 & 12, 2024

**(PARTICIPANTS NEED TO ATTEND CONNECTION AND/OR EMPOWERMENT TO ATTEND CORRECTIONS)**

**TUESDAYS 9:00 AM – 12:00 PM**

**Trust-Based Relational Intervention® (TBRI®)** is a trauma-informed program for caregivers and professionals who work with children who "come from hard places." TBRI® is designed to meet the basic relationship and developmental needs of these children, as well as the needs of the adults who seek to help them heal, learn, and grow.

These classes will:

1. Provide an introduction and overview of TBRI®
2. Explore the three TBRI® core principles: Empowering, Connecting, and Correcting.
3. Provide participants with insight into the connection between a child's trauma history and their long-term development.
4. Enhance participants' understanding of how to interpret a child's behaviors and respond in a manner that strengthens relationships and attachment.
5. Create a framework for the practical application of TBRI® concepts and strategies across settings.
6. Examine what secure attachment looks like between children and caregivers.
7. Teach helpful ways to build and strengthen deep emotional connections with children who come from "hard places."
8. Enhance participants' understanding of how children's behaviors can be impacted by their attachment histories.
9. Explore how each caregiver's own attachment history influences the way we parent and care for children.
10. Explore in depth the concept of felt safety and how felt-safety impacts emotional regulation and behaviors in children.
11. Enhance understanding about the physiological (internal) roots of children's behavior as they relate to sensory needs, hydration, and blood glucose levels.
12. Enhance understanding about the ecological (external) factors that also influence children's behaviors.
13. Develop strategies for meeting the physiological and ecological needs of our children in order to create felt safety and empower them to be successful.
14. Lay foundation for understanding how to balance structure and nurture during interactions with children.
15. Enhance understanding of the TBRI® IDEAL Response© and Levels of Response™.
16. Explore application of Correcting Principles in a way that strengthens felt-safety and emotional connection while successfully changing negative behaviors.

Purvis, K., Cross, D.R, & Hurst, J.R. (2012)]

Training will begin at **9:00 am** and will end by **12:00 noon** each Tuesday morning **starting Jan. 23<sup>rd</sup>** for 8 weeks.

Training Location: Online through a Zoom link provided after you have **registered with Eventbrite**.

To register please use this Eventbrite link: <https://www.eventbrite.com/e/online-trust-based-relational-intervention-caregivers-training-tickets-755651783827?aff=oddtcreator>

If you have questions, you can contact Ken Summers at [ksummers@thebabyfold.org](mailto:ksummers@thebabyfold.org) or (309) 532-3281.

**This online training is free, but advance registration is required.** Seating is limited.

Interested Participants: Parents (Caregivers), Teachers, Mentors, Counselors, Juvenile Justice Providers, Case Workers and other Caring Professionals. **This is not a train the trainers training.**

References: Purvis, K., Cross, R.R., & Hurst, J.R. (2012). *Trust-Based Relational Intervention: TBRI® Introduction and Overview* [Instructor Workbook]. Fort Worth, TX: TCU Institute of Child Development.