

Trust Based Relational Intervention: Connecting Principles

Goal: To build trusting relationships that help children and youth feel valued, cared for, safe, and connected. Disarming fear and building trust greatly increases the capacity for connection, self-regulation, and learning.



1. Engagement Strategies Part 2
2. Mindfulness Strategies
3. Giving Voice

Here are some ways to practice Engagement Strategies in your home:

Behavioral Matching

Use mirror neurons to convey to the child that you are working together. Match the child's posture, play with the same toy/game, eat the same snack. This disarms fear, builds connection and can be done without the use of words.

- Have a shadow show in the reading tent (blankets over chairs or a table)
- Yoga, Zumba, or dance off
- Charades
- Puppets

Healthy Touch

Gentle touch helps your child's brain organize sensory information, and builds attachment by helping create a sense of felt safety and preciousness. Always ensure that the child consents to any touch you give.

- Play with pets or give the dogs a bath
- Parent/child give manicures/pedicures to each other
- Drawing tattoos with washable markers
- Putting lotion on each other

Other Resources:

- **Empowered to Connect Conference Rewind:**
Please see attached flyer for more information and contact Jen Walbridge at jwalbridge@thebabyfold.org to register.
- Link to [ATC Institute: Help for Parents COVID19: Handouts](#) attached

“Deep down, these children want desperately to connect and succeed but don't understand how. As parents, it's our job to show them.”
-- Dr. Karyn Purvis

Due to the COVID 19 Pandemic, we are not able to meet in-person for our support groups at this time. Stay tuned and email Emily Backode at ebackode@thebabyfold.org or Barb Myers at bmyers@thebabyfold.org if interested in a virtual support group.