



## 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 Daytime 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 1x a week.

### Other Resources (click on the link embedded in the title to see the video):

[TBRI Conversations](#) - In collaboration with [Raise the Future](#), The KPICD Team created short video conversations on TBRI-related topics. These conversations employ the expertise and experience of KPICD and Raise the Future team members to highlight and discuss TBRI in action.

## TBRI Tip of the Month

**"In order to help our children heal, we must understand and address the differences in their brain, body, biology, and beliefs."**

**-- Dr. Karyn Purvis**

### **Mindfulness is bringing one's complete attention to the present moment.**

- ❖ *Be fully "in the moment."* Demonstrate that your child's thoughts and feelings are important by looking in their eyes and paying attention when your child speaks. Attentive, active listening builds attunement, helps a child feel important, develops felt safety, and models positive social skills.
- ❖ *Maintain a calm presence:* By remaining calm and in control of yourself, you'll be best able to think clearly, co-regulate your child more successfully, and be more targeted in your teaching/correcting.
- ❖ *Know your own triggers:* Explore your own attachment style and history of relationships, in order to more fully understand your triggers and expectations. Be able to recognize when your attachment style, triggers or expectations are contributing to a conflict with your child, and know how to self-regulate when that happens.



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**

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