



Upcoming Virtual Trainings/Meetings:

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

- ❖ **Trust Based Relational Intervention Classes and Caregiver Support:** is a trauma-informed program for all 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, and the needs of the adults who seek to help them heal, learn and grow. Meets Thursdays from 5:30-7pm.
- ❖ **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.
- ❖ **Transracially Adoptee Support group:** A safe space for transracially adopted kids/youth to talk about things that are not talked about, yet necessary. Topics to include, but not limited to, race, culture, identity challenges, colorism, isolation, and other important topics. Tuesdays 3-4pm (7-12yr olds), 4-5 pm (Teenagers). Meets 1x a week.
- ❖ **Ethnic Hair and Skin Care Parent group:** Join a supportive group of adoptive and foster parents in learning all about how to care and maintain your child’s skin and hair. March 1, 8, and 15th at 6-7pm.

TBRI Tip of the Month

“At-risk adopted children may appear to be a certain age physically, but inside they are playing catch-up-emotionally, behaviorally, and developmentally.”
 -- Dr. Karyn Purvis

Mindfulness Strategies involve caregivers becoming acutely aware of what thoughts, beliefs and behaviors they bring to interactions, and how those might influence ongoing relationships. A mindful adult will know his/her own emotional triggers and will possess the ability to self-regulate in order to remain “in the moment.”

Mindful adults are often able to maintain a calm presence in order to more effectively co-regulate a child; they are also more often able to be flexible in responding to negative behaviors, and they are able to be creative in problem-solving (using authoritative rather than authoritarian parenting tactics). Lack of mindfulness can cause a caregiver to engage in reactive parenting rather than responsive parenting, resulting in a loss of connection and attunement with the child’s true needs.

Mindfulness is possible in both securely attached adults as well as those with insecure attachment styles! Developing increased mindfulness can help lead to becoming “Earned Secure,” which means being able to tell your story with fierce honesty, but then let it go.