



Upcoming Virtual Trainings/Meetings:

Contact your therapist or Ken Summers at Ksummers@thebabyfold.org for more information about Parent Support Groups:

- ❖ **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 2x a month.
- ❖ **Tuesday Daytime group:** is similar to the group above but is offered during the day. Meets 2x a month.
- ❖ **Mom's Support group:** Primarily focuses on support, celebrating successes and sharing/discussing 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.

Currently taking a break, and plans to return at a later date. Please inquire if interested in the following groups:

- ❖ **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.
- ❖ **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.

Other Resources:

- ❖ [What is Your Child's Sensory Profile \(And Why It's Critical to Know\)](#) - Sensory processing disorder can impact the brain's ability to receive, organize, or respond to sensory input via any of the eight senses. In children, SPD can impact behavior, learning, and everyday happiness. If your child experiences sensory issues, create a sensory profile to match their needs to appropriate supports. Here's how.

TBRI Tip of the Month

"We're called to see the preciousness of our children even when they are covered in their own 'mess.'"

-- Dr. Karyn Purvis

When the child becomes overloaded, a quiet and safe place to calm down can help. Encourage your child to take deep breaths if possible. Breathe with them. Know what helps calm your child down, and do what you can to meet that need even if they can't verbalize it. Self-regulate as well. Staying calm yourself will help you attune more accurately to your child's needs.

The senses serve four primary functions . . .

- ❖ To alert the body and brain to important cues
- ❖ To protect the body and brain from becoming overwhelmed
- ❖ To select what is important to pay attention to
- ❖ To help organize the brain

Signs of Overload

- ❖ Overexcited and wound-up behavior
- ❖ A wild look in the eyes
- ❖ Constricted or dilated pupils
- ❖ Change in skin color
- ❖ Dizziness
- ❖ Withdrawn behavior
- ❖ Heavy sweating



THE BABY FOLD **PARENT SUPPORT GROUP**

**1ST AND 3RD TUESDAY OF EACH MONTH
8-9PM**

EMAIL EMILY BACKODE AT EBACKODE@THEBABYFOLD.ORG OR
CARLEY JACOBI AT CJACOBI@THEBABYFOLD.ORG FOR MORE
INFORMATION

**“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

Monday evenings starting

July 18, 2022 7:15–8:15 pm

Email Ken Summers at ksummers@thebabyfold.org

for a Zoom link!

" 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