

Adoption Preservation Newsletter

TBRI UPDATE

UPCOMING TRAININGS/MEETINGS

TBRI Parent Training:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 11/2, 11/16 & 11/30; 6pm-7:30pm; register with Lynn Stonecipher (lstonecipher@thebabyfold.org)
- ❖ Springfield; Noll Medical Pavilion; 11/9 & 11/23; 5:30pm-7pm; register with Michaelle Maier (mmaier@thebabyfold.org)

Lunch-time support group:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 11/7 & 11/21; noon- 1pm; register with Elizabeth Heid (ehaid@thebabyfold.org) or Amanda Walters (awalters@thebabyfold.org)

Parent support group:

- ❖ Champaign; Stephen's Family YMCA, 2501 Fields South Dr.; 11/9; 5:30p-6:30p. Free child care is available. Register with Amanda Gergen at amandagergen@gmail.com

Empowered to Connect Conference:

- ❖ Plainfield, IL; 4/13/18 - 4/14/18; <https://www.eventbrite.com/e/empowered-to-connect-conference-2018-chicago-metro-tickets-37071223026>

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

TBRI TIP OF THE MONTH

Physiological Strategies: Understanding Sensory Processing

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

External Senses

- ❖ Sight
- ❖ Sound
- ❖ Touch/Tactile
- ❖ Taste
- ❖ Smell

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- ❖ Withdrawn behavior
- ❖ Nausea
- ❖ Vomiting
- ❖ Heavy Sweating

Internal Senses

- ❖ Vestibular: sense of balance
- ❖ Proprioceptive: registers the feeling of touching and being touched with deep pressure
- ❖ Tactile: sensitive to the amount of pressure with which we are touched or held

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.



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For any comments or questions about the Adoption Preservation program or TBRI please contact Kathleen Bush at (309) 557-1066 or email her at kbush@thebabyfold.org