

The Baby Fold's SEPTEMBER 2018 Adoption Preservation Newsletter

TBRI UPDATE

UPCOMING TRAININGS/MEETINGS

TBRI parent classes:

- ❖ Springfield; The Noll Pavilion; 9/6 & 9/13; 5p-6:30p; register with the Michaelle Maier (mmaier@thebabyfold.org)

Lunch-time support groups:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 9/4 & 9/18; noon-1pm; register with Amanda Walters (awalters@thebabyfold.org) or Marie Torchia (mtorchia@thebabyfold.org)
- ❖ Urbana; The Baby Fold at 102 E Main St., Urbana, Suite 209; 9/13; noon-1pm; register with Katie Martin (kmartin@thebabyfold.org)

"Don't ask your kids to be anymore perfect than you are as a parent!"
-- Dr. Karyn Purvis

OTHER RESOURCES

- ❖ See attached flier on developmental trauma and the brain. Visit <https://beaconhouse.org.uk/useful-resources/> for more resources and information.
- ❖ Empowered to Connect Blog: <http://empoweredtoconnect.org/resources/>

TBRI TIP OF THE MONTH

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 his or her 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.
- ❖ *Teach proactively.* Watch your child closely and "catch" him/her in a moment of success; learning is more effective when in the presence of praise and reinforcement, rather than punishment. During times of correction, you can also refer back to past successes and the child will be more likely to remember those past successes if you have praised them.
- ❖ *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. Demonstrate mindfulness by admitting when you become dysregulated, and show your child how you regulate yourself. Teach by example!



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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