

Adoption Preservation Newsletter

TBRI UPDATE

UPCOMING TRAININGS/MEETINGS

Lunch-time support groups:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 10/2, 10/16, & 10/30; 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; 10/11; noon-1pm; register with Katie Martin (kmartin@thebabyfold.org)

OTHER RESOURCES

- ❖ Adolescent Girls Trauma Group; Ages 14-17; Learn how to identify symptoms caused by trauma, reduce anxiety, identify negative thinking patterns and develop healthier coping skills; The Mental Wellness Center; Bloomington, IL; See attached flier for more information and to register.
- ❖ See attached flier on Attachment Strategies in the Classroom. 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

Empowering Strategies include both physiological (internal) strategies and environmental (external) strategies.

Four ways you can use Empowering Strategies every day:

- ❖ *Hydration:* Even at low levels, dehydration causes changes in thinking, behavior, and mood. It increases glutamate (an excitatory neurochemical), resulting in poor concentration/memory, anxiety and angry moods. Increase your child's hydration; lead by example!
- ❖ *Blood Sugar:* For children from "hard places," even minor fluctuations in blood glucose can lead to behavioral episodes and cause alterations in cognition. The key is to ensure that your child eats every two hours, preferably something low-glycemic and high in protein (to stabilize blood sugar).
- ❖ *Predictable Environment:* Arrange the child's environment and adjust your own behavior so your child can feel truly safe in their home and with you. Children find comfort in knowing what to expect. Maintain as predictable a schedule as possible, and incorporate frequent connecting rituals. Strive for at least 10 minutes of connecting activities every morning and evening.
- ❖ *Physical Activity:* Repetitive muscle movement and moderately strenuous activities have the benefit of bringing down excitatory and stress neurochemicals in the brain and boosting calming neurochemicals. With appropriate levels of physical exercise (every 2 hours, 15-20 minutes), brain chemistry is optimized, enabling a child to learn and organize information more effectively.

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



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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