

Adoption Preservation Newsletter

TBRI UPDATE

UPCOMING TRAININGS/MEETINGS

Lunch-time support group:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 12/11; noon- 1pm; register with Amanda Walters (awalters@thebabyfold.org) or Marie Torchia (mtorchia@thebabyfold.org)

Evening support group:

- ❖ Urbana; The Baby Fold at 102 E Main St., Urbana, Suite 209; 12/4 & 12/18; 6-7pm; register with Katie Martin (kmartin@thebabyfold.org) or Barbara Shelton (bshelton@thebabyfold.org); see attached flyer for more information.

"Our children were harmed in relationship and they will experience healing through nurturing relationships."
-- Dr. Karyn Purvis

TBRI TIP OF THE MONTH

Ecological Strategies focus on the child's external environment; they increase the child's sense of felt safety, and they empower children to learn and practice self-regulation skills.

Transitions

- ❖ Children who are fearful are likely to react negatively (fight, flight or freeze) when faced with a new and challenging situation. Set them up to succeed letting them know what to expect and when to expect it, in terms that they understand.
- ❖ There are two different types of transitions that your child may encounter.
 - *Daily Transitions:* from home to school (and back again); switching from one task to another; going to extracurricular activities
 - *Life Transitions:* moving to a new home/town; joining a new family; birth of a sibling; addition (or departure) of a family member; reaching new developmental levels

Routines & Rituals

- ❖ *Routines:* Consistent, predictable practices that occur regularly as part of a regular schedule.
 - An evening routine might include: homework, dinner, brush teeth/bathe, go to bed
- ❖ *Rituals:* Times of heart-to-heart connection that have deeper meaning than routines.
 - An evening ritual might include: playing a game together with soap bubbles/shaving cream in bathtub, bedtime story, hug/kiss goodnight, back-and-forth sing-song chant such as "good night, sleep tight, wake up bright" or "later alligator, in a while crocodile."



The Baby Fold
614 Oglesby Avenue
Normal, IL 61761

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