

## Adoption Preservation Newsletter

### UPCOMING TRAININGS/MEETINGS

#### TBRI Parent Training:

- ❖ Springfield; 10-week training beginning 4/11/19; 5:30pm-7pm; register with Michelle Maier ([mmaier@thebabyfold.org](mailto:mmaier@thebabyfold.org)); See attached flier for more information

#### Evening support group:

- ❖ Urbana; The Baby Fold at 102 E Main St., Urbana, Suite 209; 3/5 & 3/19; 6-7pm; register with Katie Martin ([kmartin@thebabyfold.org](mailto:kmartin@thebabyfold.org)) or Barbara Shelton ([bshelton@thebabyfold.org](mailto:bshelton@thebabyfold.org)); See attached flier for more information

#### Lunch-time support group:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 3/12 & 3/26; noon- 1pm; register with Amanda Walters ([awalters@thebabyfold.org](mailto:awalters@thebabyfold.org)) or Marie Torchia ([mtorchia@thebabyfold.org](mailto:mtorchia@thebabyfold.org)); See attached flier for more information

#### Other support groups:

- ❖ Parents Supporting Social Skills; The Baby Fold at 318 Susan Drive, Normal; 3/5, 3/12 & 3/26; 5:30-7pm; register with Becky Largent ([blargent@thebabyfold.org](mailto:blargent@thebabyfold.org)); See attached flier for more information
- ❖ Parents' Mental Health Literacy; The Baby Fold at 318 Susan Drive, Normal; 3/7, 3/14 & 3/28; 5:30-7pm; register with Becky Largent ([blargent@thebabyfold.org](mailto:blargent@thebabyfold.org)); See attached flier for more information

#### Empowered to Connect Conference:

- ❖ Springfield, IL; 4/5/19 – 4/6/19; <https://www.wcicfm.org/event/empowered-to-connect-conference-simulcast-at-springfield-first-umc/2019-04-05/>
- ❖ Champaign, IL; 4/5/19 – 4/6/19; <https://firstcc.ccbchurch.com/goto/forms/23/responses/new>

#### Empowered to Connect Conference Re-Broadcast:

- ❖ Normal, IL; Calvary United Methodist Church, 1700 N Towanda Ave; 4/25/19 – 4/26/19; register with Jen Walbridge ([jwalbridge@thebabyfold.org](mailto:jwalbridge@thebabyfold.org)); See flier attached for more information

"At-risk adopted children may appear to be a certain age physically, but inside they are playing catch-up-emotionally, behaviorally, and developmentally."

-- Dr. Karyn Purvis

### TBRI TIP OF THE MONTH

**Mindfulness Strategies** involve caregivers becoming acutely aware of what thoughts, beliefs and behaviors they bring to interactions, and how those might influence ongoing relationships. A mindful adult will know his/her own emotional triggers and will possess the ability to self-regulate in order to remain "in the moment."

Mindful adults are often able to maintain a calm presence in order to more effectively co-regulate a child; they are also more often able to be flexible in responding to negative behaviors, and they are able to be creative in problem-solving (using authoritative rather than authoritarian parenting tactics). Lack of mindfulness can cause a caregiver to engage in reactive parenting rather than responsive parenting, resulting in a loss of connection and attunement with the child's true needs.

Mindfulness is possible in both securely attached adults as well as those with insecure attachment styles! Developing increased mindfulness can help lead to becoming "Earned Secure," which means being able to tell your story with fierce honesty, but then let it go.



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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](mailto:kbush@thebabyfold.org)