

Adoption Preservation Newsletter

TBRI UPDATE

UPCOMING TRAININGS/MEETINGS

TBRI Parent Training:

- ❖ Normal; The Baby Fold at 612 Oglesby Ave.; 5/18, 6/22, & 7/27; 9am-4pm; register with Theresa Lawrence (tlawrence@thebabyfold.org); See attached flier for more information
- ❖ Springfield; The Baby Fold at 5220 South 6th Street Road; 5/2, 5/9, 5/16, 5/23, & 5/30; 5:30pm-7pm; register with Michaelle Maier (mmaier@thebabyfold.org); See attached flier for more information

Evening support group:

- ❖ Urbana; The Baby Fold at 102 E Main St., Urbana, Suite 209; 5/7 & 5/21; 6-7pm; register with Katie Martin (kmartin@thebabyfold.org) or Barbara Shelton (bshelton@thebabyfold.org)

Lunch-time support group:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 5/14 & 5/28; noon- 1pm; register with Amanda Walters (awalters@thebabyfold.org) or Marie Torchia (mtorchia@thebabyfold.org)

"Deep down, these children want desperately to connect and succeed but don't understand how. As parents, it's our job to show them."
-- Dr. Karyn Purvis

TBRI TIP OF THE MONTH

Theraplay Nurture Groups are structured activities that develop and strengthen attachment while practicing the 4 skills for social competency—the ability to give care, the ability to receive care, the ability to negotiate needs, and the ability to be autonomous in self as well as with others. Each group allows adults to mentor their children as they practice attachment- and skill-building activities in the context of play. TBRI strategies are integrated throughout nurture groups: Empower your children by providing hydration, food, and sensory activities; Connect with your children by using active listening, behavioral matching, eye contact, gentle touch, and sharing power/giving voice; Correction is provided by teaching and practicing family rules, social competency and self-regulation skills. Most importantly, intentionally focus on being playful and fostering emotional “felt safety” in order to achieve the best learning possible!

❖ *Three Rules for Nurture Groups:*

- Stick Together: work together as a team, maintain close proximity, take turns, listen respectfully while others talk.
- No Hurts: develop understanding of inside hurts (emotional) and outside hurts (physical), practice expressing hurts (needs) and giving/receiving care for them.
- Have Fun!: disarm fear by engaging in safe, structured playfulness; remember, best learning occurs when children feel emotionally safe and are interested in the activities.



The Baby Fold
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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