

Adoption Preservation Newsletter

TBRI UPDATE

UPCOMING TRAININGS/MEETINGS

TBRI Parent Training:

- ❖ Normal; The Baby Fold at 612 Oglesby Ave.; 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; 6/6 & 6/13; 5:30pm-7pm; register with Michaelle Maier (mmaier@thebabyfold.org); See attached flier for more information

Teen Girls Creative Arts Therapy Group:

- ❖ Urbana; The Baby Fold at 102 E Main St.; 6/13 & 6/27; 6-7:30pm; register with Leah A'Hearn (lahearn@thebabyfold.org) or Brittney Walker (bwalker@thebabyfold.org); See attached flier for more information

Lunch-Time Support Group:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 6/11 & 6/25; noon- 1pm; register with Amanda Walters (awalters@thebabyfold.org) or Marie Torchia (mtorchia@thebabyfold.org); Focused on TBRI Teen Video Series

Other Events:

- ❖ Hair Care for Interracial Families Workshop; Springfield, Champaign, & Normal; 6/27, 6/28, 6/29; register with Sparkle Nicks (snicks@thebabyfold.org); See attached flier for full details
- ❖ Parent Support Picnic; Champaign; Splash Pad at Hessel Park at 1400 Grandview Dr.; 6/13; 10-11:30am; register with Barb Shelton (bshelton@thebabyfold.org) or Katie Martin (kmartin@thebabyfold.org)

"Instead of seeing yourself as the victim of a pint-sized terrorist, begin seeing your role as a compassionate, nurturing guide and ally for your little one."
-- Dr. Karyn Purvis

TBRI TIP OF THE MONTH

Responsive Strategies provide caregivers with tools for responding to challenging behaviors and are most effective when used in conjunction with proactive (Empowering and Connecting) strategies.

The IDEAL Response©

- ❖ *Immediate:* In order to be most effective, initiate correction within 3 seconds of the behavior whenever possible. The brain only holds information in the short-term memory for a few seconds. When you address challenging behavior quickly, children are better able to learn from the experience. By "catching it low," simple interventions can prevent escalation into major issues.
- ❖ *Direct:* Get on the child's level (behavioral matching); co-regulate with gentle touch and gentle eye contact (as much as the child can tolerate). This also helps caregivers attune more accurately with the child's emotional and physiological state, so you can be more effective in your response.
- ❖ *Efficient:* Using more intervention than a situation calls for may drive children into a worse cycle of behavior, possibly even dangerous or psychotic levels. Match your level of response to the intensity of the situation; be mindful of your own emotional response to the situation, and use Total Voice Control (tone, volume, cadence).
- ❖ *Action-Based:* Active, experiential learning creates and strengthens new connections in the brain. Action gives children a chance to be successful with a "re-do" or trying it again. Have them practice doing the behavior the correct way, and then praise them when they get it right (or better). Make this a positive opportunity for success, and not a re-enactment of their mistake.
- ❖ *Leveled at the behavior:* Adults must help children understand that their behavior does not define who they are. Correction should address the behavior at hand, not the child as a person; otherwise, correction will trigger an emotional (shame) response and the situation is likely to intensify. Help children understand they are valuable and loved regardless of their behavior.



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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 kbush@thebabyfold.org