



Trust Based Relational Intervention: Correcting Principles

Goal: To help children learn appropriate strategies for getting their needs met and successfully navigating challenging situations day to day.



1. **Proactive Strategies Part 2**
2. **Responsive Strategies**

Click on the underlined words below which are links to videos and websites to learn about Sharing Power:

Sharing Power

“Shared Power is a healthy way to parent. It occurs when parent and child problem solve together.

These children will:

- Have a sense of trust because they know they will be heard
- Have a sense that their needs matter
- Have a sense that they can use their voice to get their needs met instead of aggression or violence
- Celebrate silliness with their parents”
(Connection: Where Hearts Meet).

Questions to ask yourself:

1. How is your child perceiving your voice?
Sometimes kids will pick up on subtle cues or perceive a parent as angry when the parent thinks they are calm.
2. Is your voice or stance threatening?
3. Is your voice whiny?
 - It can evoke fear in the child because it shows you are not in control of yourself or the situation.
4. Is your voice angry or emotional?
5. Is your voice simply firm, showing that you mean business (calm and control)?

Other Resources:

[Gift: Give your Child Shared Power](#)

[The Power of Choices and How To Share It](#)

Free online courses available through August 31, 2020:

- [TBRI 101: A Self-Guided Course in Trust-Based Relationships](#)
- [TBRI & Trauma Informed Classrooms](#)

“If you share power with your child, you have proven that the power is yours to share.”

-Dr. Karyn Purvis

Our virtual support groups are up and running! Ask your therapist or email Ken Summers at Ksummers@thebabyfold.org for more information regarding virtual support groups.