

Upcoming Virtual Trainings/Meetings:

Contact your therapist or Ken Summers at Ksummers@thebabyfold.org for more information. Client (under 18 yrs old) groups are for current ASAP clients only.

- ❖ **Tuesday Night Parent Support group:** provides education and support related to parenting, trauma, and self-care within the context of adoption and foster care. Meets 1x a week.
- ❖ **Tuesday Daytime group:** is similar to the group above but is offered during the day. Meets 2x a month.
- ❖ **Single Parent Support group:** is for single caregivers who are raising a foster or adopted child. Possible topics include anxiety, stress, self-care, balance, etc. Meets 1x a week.
- ❖ **Mom's Support group:** Primarily focuses on support, celebrating successes and share/discuss challenges. Meets 1x a month.
- ❖ **Dads Sharpen Dads:** A safe place for dads to share their unique challenges, as well as education and support for each other to be their very best. Meets 1x a week.
- ❖ **Teen Group:** Tuesday evenings where teens throughout The Baby Fold services can connect to get support on personal, social, and school related issues. Meets 1x a week.
- ❖ **Transracially Adoptee Support group:** A safe space for transracially adopted kids/youth to talk about things that are not talked about, yet necessary. Topics to include, but not limited to, race, culture, identity challenges, colorism, isolation, and other important topics. Meets 1x a week.
- ❖ **Ethnic Hair and Skin Care Parent group:** Join a supportive group of adoptive and foster parents in learning all about how to care and maintain your child's skin and hair.

TBRI Tip of the Month

**"We never accept hurtful or wild behavior from a child – but we also do not punish, reject, or bribe because those strategies don't build long-term success."
-- Dr. Karyn Purvis**

Levels of Response (3&4): The purpose of correction is to teach. An ideal correction results not only in changed behavior, but also children should feel content and connected to their caregiver. Effective correction requires emotional felt safety, and a balance of structure (correction) with nurture (connection). Remember, always return to playful engagement after a correction!

- ❖ **Level Three: Calming Engagement**
 - Total Voice Control (tone is firm, volume is low, cadence is very slow)
 - Focus is on co-regulation between adult and child, goal is to prevent crisis
 - Use time-in; draw child(ren) close in order to more effectively co-regulate
- ❖ **Level Four: Protective Engagement**
 - Total Voice Control (same as at Level 3)
 - Remember that children do not have access to their full brain during crisis
 - Physical restraint should be used only when needed to protect the child/others from significant harm