

DECEMBER 2024

# TBRI® Newsletter

Trust-Based Relational Intervention®

The Baby Fold - Adoption Support and Preservation



## LOW-DEMAND HOLIDAYS

### THE BAFFLING BEHAVIOR SHOW WITH ROBYN GOBBEL

Robyn Gobbel is an internationally-recognized child mental health expert who helps decode the most “baffling behaviors” for parents of kids with vulnerable nervous systems. Robyn has a Master’s Degree in Social Work, and has worked as a therapist with many children and families, including foster and adoptive families. She has training/certifications in EMDR, Theraplay, and is a TBRI Educator.

In this podcast episode, Robyn discusses ways in which caregivers can lower demands for *themselves* during the holiday season. We often focus on lowering demands for our kids, but it is important to consider for ourselves, as well, as the holidays can be a very stressful time!

### Traditions and Expectations

Really take a look at which traditions are the most important for you and your family. Which bring the most joy? Which feel more like an obligation? Think about the “stress versus impact ratio” and make decisions based on what feels “worth it”. Some traditions can be kept, and some can be pulled off the list or even just put to the side for a particular year. Traditions can also be simplified (such as buying pre-made cookies to decorate instead of having to do it all yourself!).

### Increasing Felt-Safety

How can you increase felt safety for both you and your child during the busy holiday season, particularly during events/gatherings? For example, pick times of the day for events when regulation for your child tends to be the highest, and avoid typical dysregulated times. Show up to events with your child as well-fed and well-rested as possible. Think about how to add structure, routine, and predictability as much as possible. Maybe that is bringing familiar food to eat, not enforcing a “dress code”, or keeping bedtime at the usual time. It is okay to decline events if you do not feel as though you will be able to offer the co-regulation your child needs, because of your own regulatory system.

### Setting Boundaries

Be clear and follow through with boundaries you set. Communicate them early/ahead of time. For example, if you are going to a gathering, let the host know that your family will be leaving at a certain time, and stick to it. You can also set boundaries around how you want and expect others to respond to your child and/or your parenting; that boundary might be to ask them to not make comments or suggestions. Finally, give yourself compassion. Navigate through the difficulties of the holidays as mindfully as possible, and offer yourself grace when things (or maybe your parenting responses, etc.) don’t go as planned.

## Current virtual parent support groups at The Baby Fold:

### Wednesday Noon Group:

Provides education and support related to parenting, trauma, and self-care within the context of adoption and foster care. Meets 2x 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 2x a month.

### Stay tuned:

TBRI Virtual Series coming Winter 2025!

Contact Melissa at [mlegendre@thebabyfold.org](mailto:mlegendre@thebabyfold.org) or 309-557-1149 with any questions about ASAP services, groups, or TBRI.



Follow ASAP on our new [Facebook page!](#)

Gobbel, R. (Host). (2024, Dec 3). Low-Demand Holidays [Audio podcast]. Retrieved from <https://robbygobbel.com/lowdemandholidays>



## THE BABY FOLD'S **VIRTUAL PARENT SUPPORT GROUP**

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**1<sup>ST</sup> AND 3<sup>RD</sup> WEDNESDAY OF EACH MONTH  
12:00-1:00 PM**

SUPPORT AND EDUCATION FOR FAMILIES FORMED  
THROUGH ADOPTION AND GUARDIANSHIP

EMAIL MELISSA AT [MLEGENDRE@THEBABYFOLD.ORG](mailto:MLEGENDRE@THEBABYFOLD.ORG) FOR  
MORE INFORMATION & LINK TO MEETINGS

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“You cannot lead a child to a place of healing  
if you do not know the way yourself.”  
– Dr. Karyn Purvis

# Dads Sharpen Dads

“As iron sharpens iron, so one man sharpens another.”

The Baby Fold

## **Dad’s Support Group**

**1st & 3rd Monday evenings**

**7:15 pm–8:15 pm**

Email Ken Summers at [ksummers@thebabyfold.org](mailto:ksummers@thebabyfold.org)

to sign up!

“ If we can communicate to our children,  
**It’s you and me against your history,**

**We have a strong place to begin.”**

Dr. Karyn Purvis