

Adoption Preservation Newsletter

TBRI UPDATE

UPCOMING TRAININGS/MEETINGS

Lunch-time support group:

- ❖ Normal; The Baby Fold at 1500 Fort Jesse Rd. Normal, IL 61761; Second & Fourth Tuesday of the month until further notice; noon- 1pm; Contact **Marie Torchia** (mtorchia@thebabyfold.org or 309-433-6656) or **Liz Fultz** (Lfultz@thebabyfold.org or 309-531-7444)

"Tell your children 'you are precious, you are valuable, and nobody else is created like you.'" -- Dr. Karyn Purvis

TBRI TIP OF THE MONTH

Scaffolding Self-Regulation

- ❖ *Other-regulation:* Loving caregivers regulate the needs of infants.
- ❖ *Co-regulation:* Adults provide much support, but children learn basic self-regulation skills and to ask for needs. Adults and children work together to meet those needs.
- ❖ *Self-regulation:* Caregivers are still in charge of children and the environment around them. Children have learned to regulate needs such as preparing a simple snack when they are hungry or putting on a sweater when they are cold.

Self-Regulation through the senses

- ❖ Sight
 - Engine plates
 - Regulation poster
 - Transition poster
- ❖ Sound
 - Slide whistle to signal how child is feelings
 - Calming music
 - Metronome/steady rhythm
- ❖ Nose/Mouth
 - Deep breathing
 - Calming smells
- ❖ Tactile/Proprioceptive
 - Sensory buckets/pools
 - Stretching/yoga
 - Pillow sandwich
 - Wall pushes
 - Fidgets
 - Weighted items/blankets



The Baby Fold
614 Oglesby Avenue
Normal, IL 61761

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