

Trust Based Relational Intervention: Empowering Principles

Goal: To prepare “bodies and brains” for success by meeting physical needs and to prepare an environment that meets the physical and psychological needs of children and youth.



1. Ecological Strategies
2. Physiological Strategies Part 1

Here are some ways to look at the physical/internal needs in your child’s life:

Hydration:

Even at low levels, dehydration causes changes in thinking, behavior and mood. Studies show that not having enough water leads to difficulty concentrating, trouble with memory, anxiety, and angry moods. Hydration can improve brain functioning, stabilize neurotransmitter levels to improve brain performance. (Purvis 2009).

[How much water should I be drinking? How much water should my child be drinking?](#)

Simple ways to increase Hydration:

- Each child has a water bottle available
- Caregiver lead by example

Other Resources:

- [5 Tips to Help Your Kid Drink Water](#)
- [Healthy Hydration Water Tracking Chart](#)
- [TBRI: Starting Small: Nutrition and Hydration](#)

Free online courses available through June 30, 2020:

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

“For our kiddos who often teeter on the edge of balanced neurochemistry, dehydration can greatly impact their ability to regulate.”
-Amanda 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.