

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 2

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

Nutrition:

Nutrition plays a huge role in a child's ability to regulate, and we can help them regulate by offering healthy snacks and meals every two hours.

The types of snacks that your child is asking for could be an indicator of a need. Sweet, sugary foods could be a need for comfort. Sour, spicy foods could be a need to be alert.

Try:

- Assemble a basket of non-perishable foods such as packaged nuts, fruit leather, or crackers. Put the basket somewhere that everyone can access it.
- Build snack times into the day. These can also serve as transitions from one activity to the next and can be a connecting time for you and your child. (Purvis 2009).

Other Resources:

- [Use the Nutrition Facts Label](#)
- [MyPlate Kids Activities](#)
- [Kids in the Kitchen](#)
- [Engaging Food Battles with Connection in Mind](#)

Free online courses available through August 31, 2020:

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

“Let [your child] know that you are their partner in everything. Food may be the first place to start.”

-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.