



# 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 Part 2

## 2. Physiological Strategies

Here are some ways to practice Routine and Transitions in your home:

### Routines

Routines help to create a sense of predictability and control for your child. They also help with smooth transitions.

Consider:

- Having a calendar with the schedule for your child to view
- Bedtime stories
- Snack at 10am each day

### Transitions

Transitions can be a challenging time for our kids from hard places.

Try saying:

- “In 5 minutes, we will go home”
- “Pick the last 2 things you want to do on the playground before we go”

to give the child a warning.

### Other Resources:

[Class Dojo – Reading Emotions](#) and other activities

[Transition Strategies for Kids](#)

Free online courses available through June 30, 2020:

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

“Our children need to know that they are precious in the sunshine and in the rain.”  
-Dr. Karyn Purvis

Due to the COVID 19 Pandemic, we are not able to meet in-person for our support groups at this time. Ask your therapist or email Ken Summers at [ksummers@thebabyfold.org](mailto:ksummers@thebabyfold.org) for more information regarding virtual support groups.