

Upcoming Virtual Trainings/Meetings:

Contact your therapist or Ken Summers at ksummers@thebabyfold.org for more information. Client (under 18 yrs old) groups are for current ASAP clients only.

- ❖ **TBRI Virtual Series:** Trust-Based Relational Intervention® (TBRI®) is a trauma-informed program for caregivers and professionals who work with children who "come from hard places." Meets Wednesdays, beginning 10/20/21, from 9:00 am-12:00 pm. Registration required; [click here to register](#).
- ❖ **Supporting and Celebrating Neurodiversity:** A support group for caregivers of children with diagnoses such as Autism, Sensory Processing Disorder, Learning Disorders, ADHD, OCD, executive functioning difficulties, and so forth. Meets 2x a month beginning 10/20/21. Open to all interested families.
- ❖ **Tuesday Night Parent Support group:** Provides education and support related to parenting, trauma, and self-care within the context of adoption and foster care. Meets 2x a month.
- ❖ **Tuesday Daytime group:** Similar to the group above, but is offered during the day. Meets 2x a month.
- ❖ **Single Parent Support group:** For single caregivers who are raising a foster or adopted child. Possible topics include anxiety, stress, self-care, balance, etc. Meets 1x a week.
- ❖ **Mom's Support group:** Primarily focuses on support, celebrating successes and sharing/discussing challenges. Meets 1x 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 1x a week.
- ❖ **Teen Group:** A space where teens throughout The Baby Fold services can connect to receive support on personal, social, and school-related issues. Meets 1x a week.
- ❖ **Transracial Adoptee Support group:** A safe space for transracially adopted kids/youth to talk about things that are not talked about, yet necessary. Topics to include, but not limited to, race, culture, identity challenges, colorism, isolation, and other important topics. Meets 1x a week.
- ❖ **Ethnic Hair and Skin Care Parent group:** A supportive group of adoptive and foster parents in learning all about how to care for and maintain your child's skin and hair. Dates to be announced.

TBRI Tip of the Month

"In order to help our children heal, we must understand and address the differences in their brain, body, biology, and beliefs."

-- Dr. Karyn Purvis

Empowering Strategies include both physiological (internal) and environmental (external) strategies.

Four ways you can use Empowering Strategies every day:

- ❖ **Hydration:** Even at low levels, dehydration causes changes in thinking, behavior, and mood. It increases glutamate (an excitatory neurochemical), resulting in poor concentration/memory, anxiety and angry moods. Increase your child's hydration; lead by example!
- ❖ **Blood Sugar:** For children from "hard places," even minor fluctuations in blood glucose can lead to behavioral episodes and cause alterations in cognition. The key is to ensure that your child eats every two hours, preferably something low-glycemic and high in protein.
- ❖ **Predictable Environment:** Arrange the child's environment and adjust your own behavior so your child can feel truly safe in their home and with you. Children find comfort in knowing what to expect. Maintain as predictable a schedule as possible, and incorporate frequent connecting rituals. Strive for at least 10 minutes of connecting activities every morning and evening.
- ❖ **Physical Activity:** Repetitive muscle movement and moderately strenuous activities bring down excitatory and stress neurochemicals in the brain and boost calming neurochemicals. With appropriate levels of physical exercise (15-20 minutes every 2 hours), brain chemistry is optimized, enabling a child to more effectively learn and organize information.



ONLINE TRUST-BASED RELATIONAL INTERVENTION®

INTRODUCTION AND OVERVIEW-OCTOBER 20, 2021

CONNECTING PRINCIPLES: UNDERSTANDING ATTACHMENT- OCTOBER 27 & NOVEMBER 3, 2021

EMPOWERING PRINCIPLES –NOVEMBER 10 & 17, 2021

CORRECTING PRINCIPLES- DECEMBER 1 & 8, 2021

(PARTICIPANTS NEED TO ATTEND CONNECTION AND/OR EMPOWERMENT TO ATTEND CORRECTIONS)

9:00AM-12:00PM

Trust-Based Relational Intervention® (TBRI®) is a trauma-informed program for caregivers and professionals who work with children who "come from hard places." TBRI® is designed to meet the basic relationship and developmental needs of these children, as well as the needs of the adults who seek to help them heal, learn, and grow.

These classes will:

1. Provide an introduction and overview of TBRI®
2. Explore the three TBRI® core principles: Empowering, Connecting, and Correcting.
3. Provide participants with insight into the connection between a child's trauma history and their long-term development.
4. Enhance participants' understanding of how to interpret a child's behaviors and respond in a manner that strengthens relationships and attachment.
5. Create a framework for the practical application of TBRI® concepts and strategies across settings.
6. Examine what secure attachment looks like between children and caregivers.
7. Teach helpful ways to build and strengthen deep emotional connections with children who come from "hard places."
8. Enhance participants' understanding of how children's behaviors can be impacted by their attachment histories.
9. Explore how each caregiver's own attachment history influences the way we parent and care for children.
10. Explore in depth the concept of felt safety and how felt safety impacts emotional regulation and behaviors in children.
11. Enhance understanding about the physiological (internal) roots of children's behavior as they relate to sensory needs, hydration, and blood glucose levels.
12. Enhance understanding about the ecological (external) factors that also influence children's behaviors.
13. Develop strategies for meeting the physiological and ecological needs of our children in order to create felt safety and empower them to be successful.
14. Lay foundation for understanding how to balance structure and nurture during interactions with children.
15. Enhance understanding of the TBRI® IDEAL Response© and Levels of Response™.
16. Explore application of Correcting Principles in a way that strengthens felt safety and emotional connection while successfully changing negative behaviors.

Purvis, K., Cross, D.R, & Hurst, J.R. (2012)]

Training will begin at **9:00am** and will end by **12:00 pm** each **Wednesday starting October 20, 2021.**

(Except the week of November 24 due to Thanksgiving)

Training Location: Online through a Zoom link provided after you have registered with Eventbrite.

To register please use this Eventbrite link: <https://www.eventbrite.com/e/virtual-tbri-tickets-180499899057?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb>

If you have questions you can contact Ken Summers at ksummers@thebabyfold.org or (309) 532-3281.

This online training is free, but advance registration is required. Seating is limited.

Interested Participants: Parents (Caregivers), Teachers, Mentors, Counselors, Juvenile Justice Providers, Case Workers and other Caring Professionals. **This is not a train the trainers training.**

References: Purvis, K., Cross, R.R., & Hurst, J.R. (2012). *Trust-Based Relational Intervention: TBRI® Introduction and Overview* [Instructor Workbook]. Fort Worth, TX: TCU Institute of Child Development.

THE BABY FOLD PRESENTS

SUPPORTING *and* CELEBRATING NEURODIVERSITY

LEARNING DISORDERS

TIC DISORDERS

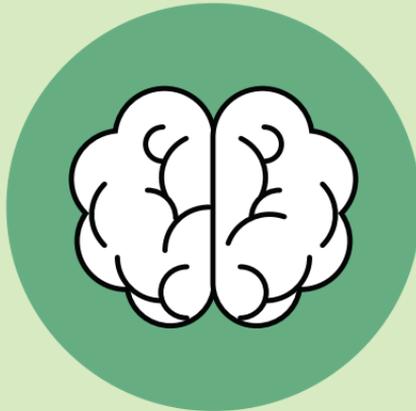
EXECUTIVE
FUNCTIONING
DIFFICULTIES

AUTISM

ADHD

SENSORY
PROCESSING
DISORDER

OCD



FETAL ALCOHOL SPECTRUM DISORDERS

A SUPPORT GROUP FOR CAREGIVERS

HELD VIA ZOOM

OPEN TO ALL INTERESTED FAMILIES

1ST AND 3RD WEDNESDAY OF EACH MONTH

STARTING OCTOBER 20TH, 2021

7 PM - 8 PM

PLEASE CONTACT MORGAN JOHNSON AT
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MLEGENDRE@THEBABYFOLD.ORG FOR MORE INFORMATION