



## Upcoming Virtual Trainings/Meetings:

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

- ❖ **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:** is similar to the group above but is offered during the day. Meets 2x a month.
- ❖ **Single Parent Support group:** is 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 share/discuss 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:** Tuesday evenings where teens throughout The Baby Fold services can connect to get support on personal, social, and school related issues. Meets 1x a week.
- ❖ **Transracially 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.
- ❖ **Ethnic Hair and Skin Care Parent group:** Join a supportive group of adoptive and foster parents in learning all about how to care and maintain your child’s skin and hair. Dates to be announced.

More Resources (click on the underlined words below for the link):

- [Robyn Gobbel – What Behavior Really Is... And How to Change It](#)
- CORE Teen course – call 877-800-3393 to register, see flyer attached

**"Don't ask your kids to be anymore perfect than you are as a parent!"**  
 -- Dr. Karyn Purvis

## TBRI Tip of the Month

**Mindfulness** is bringing one’s complete attention to the present moment.

- ❖ *Be fully “in the moment.”* Demonstrate that your child’s thoughts and feelings are important by looking in his or her eyes and paying attention when your child speaks. Attentive, active listening builds attunement, helps a child feel important, develops felt safety, and models positive social skills.
- ❖ *Maintain a calm presence:* By remaining calm and in control of yourself, you’ll be best able to think clearly, co-regulate your child more successfully, and be more targeted in your teaching/correcting.
- ❖ *Know your own triggers:* Explore your own attachment style and history of relationships, in order to more fully understand your triggers and expectations. Be able to recognize when your attachment style, triggers or expectations are contributing to a conflict with your child, and know how to self-regulate when that happens. Demonstrate mindfulness by admitting when you become dysregulated, and show your child how you regulate yourself. Teach by example!



## Registration is Now OPEN!

CORE Teen will be presented via the WebEx platform

7 Consecutive Tuesdays from 9am-Noon beginning September 14, 2021

OR

7 Consecutive Tuesdays from 9am-Noon beginning September 21, 2021

This state-of-the art program is designed to provide group instruction to foster and adoptive parents to build the skills necessary to meet the needs of older youth who have moderate to serious emotional and behavioral health challenges. By registering for this training you are committing to actively participate virtually on camera and microphone during 7 weekly WebEx meetings and through outside reading and self-assessment.

*The CORE Teen curriculum was developed through a 3-year Foster/Adoptive Parent Preparation, Training and Development Initiative cooperative agreement with the Children's Bureau, Administration on Children, Youth and Families, Administration for Children and Families, U.S. Department of Health and Human Services, under grant #90CO1132. Project partners included Spaulding for Children; the ChildTrauma Academy; The Center for Adoption Support and Education; the North American Council on Adoptable Children; and the University of Washington.*

**To Register Please CALL: 877-800-3393**