

FEBRUARY 2026

TBRI® Newsletter

Trust-Based Relational Intervention®
The Baby Fold - Adoption Support and Preservation



USING SCRIPTS TO BUILD TRUST

Hard moments rarely announce themselves ahead of time. Instead, they can show up as slammed doors, explosive words, tears, or shutting down. When stress rises, it's easy to default to control: "Stop." "Calm down." "That's enough." But in trauma-informed care, especially through the lens of Trust-Based Relational Intervention (TBRI), we remember a powerful truth: *Connection must come before correction*. In dysregulated moments, a child's brain is in survival mode. Logic won't land, and lectures won't stick. What will reach them is a calm, regulated adult, offering safety through words and tone.

Scripts are short, verbal cues that caregivers can use to help remind a child of desired behavior, while also communicating a sense of safety and connection, even in moments of dysregulation. Using scripts can act as a sort of "mental muscle memory" to help get us back on track without requiring a lot of brain processing power.

Here are a few simple scripts that help build connection when emotions are high:

1. "You're safe. I'm right here." This reassures the nervous system before addressing behavior.
2. "Your feelings make sense." Validation does not equal agreement; it communicates understanding.
3. "Let's figure this out together." Collaboration lowers defensiveness and builds trust.
4. "Try that again with respect." A redo offers skill-building without shame.
5. "I can't let you ____, but I can help you." This balances boundaries with support.

Tone matters just as much as words. Soft eyes, gentle posture, and steady voice are all important. Connection scripts work because they address the need behind the behavior. When children feel seen and safe, their brains shift out of survival mode and back into a more connected mode of learning.

Additional resources to learn more:

[Using Scripts to Build Trust blog post](#)

[TBRI Life Value Scripts](#)

Coming soon!

Book Club: Caregiver Support and Education Group

Join us as we read and reflect on *Brain-Body Parenting: How to Stop Managing Behavior and Start Raising Joyful, Resilient Kids* by Mona Delahooke!

Mondays 12-1:00 pm (virtual)
March 9th through May 11th

Email MLegendre@thebabyfold.org
to register

Ongoing Parent Support Groups at The Baby Fold:

Wednesday Evening Group (virtual):
Provides education and support related to parenting, trauma, and self-care within the context of adoption and foster care. Meets 2x a month.

Wednesday Noon Group (virtual):
Provides education and support related to parenting, trauma, and self-care within the context of adoption and foster care. Meets 2x a month.

Dads Sharpen Dads (virtual):
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 2x a month.

Contact Melissa at
MLegendre@thebabyfold.org or
309-557-1149 with any questions about
ASAP services, groups, or TBRI.

Follow ASAP on our [Facebook page!](#)

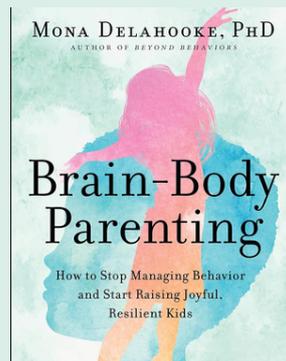


The Baby Fold - Adoption Support and Preservation

Book Club

*CAREGIVER SUPPORT &
EDUCATION GROUP*

*Are you an adoptive, guardianship, or foster parent
struggling with your child(ren)'s behavior, seeking
additional support and resources?*



Join us in discussing

*Brain-Body Parenting: How to Stop Managing
Behavior and Start Raising Joyful, Resilient Kids
by Mona Delahooke*

A 10-week, virtual group beginning on March 9, 2026

Mondays from 12:00-1:00 pm

*Email Melissa at MLegendre@thebabyfold.org
to register and/or receive additional info!*



THE BABY FOLD'S **VIRTUAL PARENT SUPPORT GROUP**

**1ST AND 3RD WEDNESDAY OF EACH MONTH
12:00-1:00 PM**

SUPPORT AND EDUCATION FOR FAMILIES FORMED
THROUGH ADOPTION AND GUARDIANSHIP

EMAIL MELISSA AT MLEGENDRE@THEBABYFOLD.ORG FOR
MORE INFORMATION & LINK TO MEETINGS

“You cannot lead a child to a place of healing
if you do not know the way yourself.”
– Dr. Karyn Purvis



THE BABY FOLD'S



Parent Support Group

2ND AND 4TH WEDNESDAY OF EACH MONTH

Held Virtually from 6:15–7:15 pm

**OUR PARENT GROUP OFFERS SUPPORT AND
EDUCATION FOR PARENTS FOR FAMILIES
FORMED THROUGH FOSTER CARE,
ADOPTION, AND GUARDIANSHIP**

**THIS MONTH'S
TOPIC: SELF-CARE**



**"You cannot lead a child
to a place healing, if you
do not know the way
yourself."**

~ Dr. Karyn Purvis

**Contact: rhadden@thebabyfold.org or
amunster@thebabyfold.org for more information
and links**





The Baby Fold

DADS SHARPEN DADS

“AS IRON SHARPENS IRON, SO ONE MAN SHARPENS ANOTHER”

Our Dads Support Group is virtually hosted on the 1st and 3rd Monday evening of the month from 7:15 – 8:15 pm.

“If we can communicate to our children, ‘It’s me and you against history’, then we have a strong place to begin.”



Contact Us

Email Ken Summers at ksummers@thebabyfold.org to sign up