

JANUARY 2026

TBRI® Newsletter

Trust-Based Relational Intervention®

The Baby Fold - Adoption Support and Preservation



NEW YEAR, SAME TBRI® PERSPECTIVE

As a new year begins, we often feel the weight of expectations. There is a lot of talk around “fresh starts”, new goals, new hopes. We can gently remind ourselves that healing doesn’t follow a calendar. Connection, *not* perfection, is what moves children forward, and promotes healing. Instead of asking “What can we ‘fix’ this year?”, instead, ask “How can I help my child feel safe as this new year begins?”. Here are a few things to consider, rooted in TBRI’s three basic principles:

- **Empower:** Like any transition, the transition into a new year can be dysregulating. Predictable routines, clear expectations, and meeting physical needs help children feel grounded.
- **Connect:** Many children from “hard places” test relationships when things change. Lean into connection. Remember, play, laughter, and shared moments build trust, and are fun for both child and caregiver.
- **Correct:** Big behavior often reflects big feelings. Correction works best when it feels safe, calm, and rooted in teaching, rather than punishment.

This year, progress may look like fewer meltdowns, or simply quicker repair after a rupture. It may look like showing up again after a really hard day, or fitting in more intentional “family time”.

Here’s to a happy, healthy, and safe 2026!

A reminder about very helpful, foundational resources:

- *The Connected Child: Bring Hope and Healing to Your Adoptive Family* by Dr. Karyn Purvis, Dr. David Cross, and Wendy Lyons Sunshine
- *The Connected Parent: Real-Life Strategies for Building Trust and Attachment* by Dr. Karyn Purvis and Lisa Qualls
- The TBRI Podcast (available on Spotify, Apple Podcasts, and YouTube)

Trust-Based Relational Intervention®
(TBRI®) Caregiver Training

TBRI is designed to meet the complex needs of vulnerable children by building connection, empowerment, and correction through relationships.

This training is ideal for caregivers, educators, therapists, caseworkers, and other professionals who support children impacted by trauma, loss, or challenging behaviors.

Wednesdays 9:00am-12:00pm (virtual)
January 7th through February 25th
[Click here to register!](#)

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:

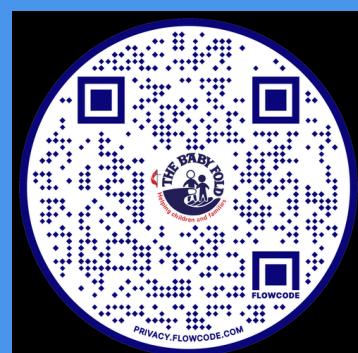
Wednesday Evening Group (virtual):
Provides education and support related to parenting, trauma, and self-care within the context of adoption and foster care. Meets 2x a month.

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!](#)



TBRI® CAREGIVER TRAINING



TBRI® CAREGIVER TRAINING

Impact of Trauma on Development

ABOUT THIS TRAINING:

Trust-Based Relational Intervention® (TBRI®) is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to address physical needs, Connecting Principles to meet attachment needs, and Correcting Principles to disarm fear-based behaviors.

More About TBRI:



TO REGISTER:

TBRI: Trust-Based Relational Intervention®



VIRTUAL TRAINING

Wednesdays 9a to Noon
in January & February

For questions reach out to Ken Summers

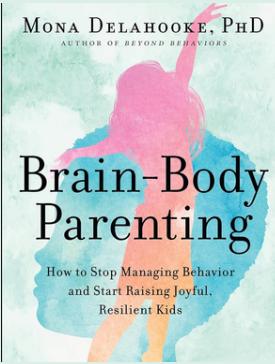
✉️ KSummers@TheBabyFold.org

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

**“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