



Upcoming Virtual Trainings/Meetings

Contact your therapist or Ken Summers at Ksummers@thebabyfold.org for more information about....

Parent Support Groups:

- ❖ **Wednesday Noon group:** 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:** 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.

Coming soon!:

- ❖ While we are currently in the middle of our daytime summer **Virtual TBRI Series**, we are beginning to plan for another evening series in the fall!

TBRI Tip of the Month

“For our kiddos who often teeter on the edge of balanced neurochemistry, dehydration can greatly impact their ability to regulate.”

-Amanda Purvis

Nutrition and Hydration play a key factor in children’s ability to regulate. Here are some tips to help make sure your child is eating and drinking enough:

- ❖ Take a special trip to the store to buy healthy snacks that are then accessible to your child when they are needed.
- ❖ Build snack times into the day- these times could also serve as transitions from one activity to the next, and/or connecting time.
- ❖ Allow your child to have their own water bottle or cup (bonus if they get to pick it out themselves).
- ❖ Add flavor to their water to make it more appealing, such as edible essential oils or slices of fruit.
- ❖ Help them set a goal and keep track of their water intake.
- ❖ Always lead by example- it’s important for adults to eat enough and drink enough water, too!

Additional resources on nutrition and hydration:

(Click the article titles to explore)

- ❖ [Starting Small: Nutrition and Hydration \(information above is from this helpful article!\)](#)
- ❖ [How Much Water You Need to Drink](#)
- ❖ [Healthy Hydration Water Tracking Chart](#)

Stay tuned for some exciting new changes to this newsletter!

Dads Sharpen Dads

“As iron sharpens iron, so one man sharpens another.”

The Baby Fold

Dad’s Support Group

1st & 3rd Monday evenings

7:15 pm–8:15 pm

Email Ken Summers at ksummers@thebabyfold.org

to sign up!

“ If we can communicate to our children,
It’s you and me against your history,

We have a strong place to begin.”

Dr. Karyn Purvis



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