



## Upcoming Virtual Trainings/Meetings

Contact your therapist or Ken Summers at [ksummers@thebabyfold.org](mailto: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.

### Other Resources: Podcasts

**The TBRI Podcast** - conversations about Trust-Based Relational Intervention®, an attachment-based, trauma-informed intervention designed to meet the complex needs of vulnerable children; about the elements of trauma-informed care and chat with experts in the field about implementing TBRI® across different communities of care and practice.

**Empowered to Connect Podcast** - a place where we come together to discuss an attachment-rich, healing-centered approach to engagement and wellbeing for ourselves, our families, and our communities.

**The Baffling Behavior Show with Robyn Gobbel** - a neuroscience-informed podcast for parents of kids with big behaviors or a history of trauma.

“Once you see yourself in this role of mentor, encourager, and protector, days become filled with opportunities...”  
 -- Dr. Karyn Purvis

## TBRI Tip of the Month

**The IDEAL Response**- An acronym for critical elements of responsive caregiving interactions

- **Immediate**- Respond within seconds, when possible.
- **Direct**- “Tune in” to your child- become close in proximity, get on to their level, and use eye contact and touch (when appropriate/possible).
- **Efficient**- Lowest possible, yet still effective Level of Response (sometimes parents try to “shoot a gnat with an elephant gun”); match the response to the level of challenge.
- **Action-based**- Give the child opportunity to “re-do” or correct the mistake. This helps wire the brain to create paths for desired behavior.
- **Leveled**- At the behavior, *not* the child. Make it clear to the child that you are on their side, helping them to overcome struggles together.

Click the links below for more!

- [The IDEAL Response with Dr. Karyn Purvis](#)
- [TBRI Animate: The IDEAL Response](#)



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

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**1<sup>ST</sup> AND 3<sup>RD</sup> 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](mailto:MLEGENDRE@THEBABYFOLD.ORG) FOR  
MORE INFORMATION & LINK TO MEETINGS

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

# 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](mailto: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