

MARCH 2026

TBRI® Newsletter

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



CALM, CONNECTION, AND SPRING ADVENTURES

Spring is almost here! And more than likely, your child(ren)'s spring break is right around the corner. This can be a wonderful time to slow down, enjoy warmer weather, and spend meaningful time together. Changes in routine can sometimes feel overwhelming for children, but they can also create great opportunities for connection and adventure.

Using ideas from Trust-Based Relational Intervention (TBRI), families can support children by focusing on three simple things this spring break: movement, nature, and connection. Outdoor play and shared experiences help children regulate their bodies while strengthening relationships.

Simple Spring Adventures

Adventure doesn't have to mean big trips or expensive outings. Small moments together often matter the most! Try one of these easy spring activities:

- Nature Walk or Scavenger Hunt- Look for flowers, birds, smooth rocks, or something bright and colorful.
- Picnic Time- Enjoy lunch outside at a park, in the backyard, or even on a blanket in the living room.
- Sidewalk Chalk Fun- Draw pictures, create a hopscotch path, or make a colorful obstacle course.
- Plant Something Together- Plant seeds or flowers and watch them grow throughout the season.
- Backyard Adventure Night- Set up a tent, read stories with flashlights, or enjoy a special snack together (if chilly weather persists, you can try all of this indoors!).

Quick Reset Reminders

Excitement and changes in routine can sometimes lead to big emotions or moments of dysregulation. When that happens, try a quick reset:

- Drink water or have a snack
- Move your body (stretch, walk, dance)
- Take three deep breaths
- Reconnect with a hug or quiet moment together

Additional resources:

[More Spring Break Activity Ideas](#)

It's not too late!
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!](#)

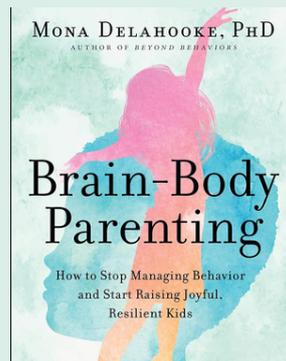


The Baby Fold - Adoption Support and Preservation

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

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

THE BABY FOLD'S

Parent Support Group

2ND AND 4TH WEDNESDAY OF EACH MONTH

Held Virtually from 6:15–7:15 pm

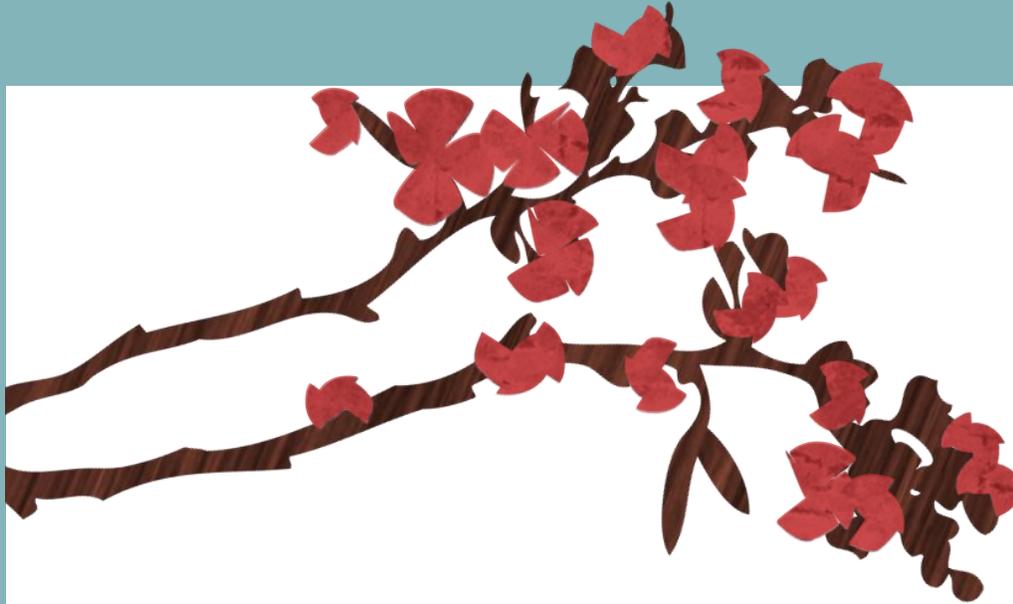
**OUR PARENT GROUP OFFERS SUPPORT AND
EDUCATION FOR PARENTS FOR FAMILIES
FORMED THROUGH FOSTER CARE,
ADOPTION, AND GUARDIANSHIP**

**“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'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