



## 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:

- ❖ **Supporting and Celebrating Neurodiversity:** A support group for caregivers of children with diagnoses such as Autism, Sensory Processing Disorder, Learning Disorders, ADHD, OCD, executive functioning difficulties, and so forth. Meets 2x a month. Open to all interested families.
- ❖ **Tuesday Night Parent Support group:** provides education and support related to parenting, trauma, and self-care within the context of adoption and foster care. Meets 2x a month.
- ❖ **Tuesday Daytime group:** is similar to the group above but is offered during the day. Meets 2x a month.
- ❖ **Single Parent Support group:** is for single caregivers who are raising a foster or adopted child. Possible topics include anxiety, stress, self-care, balance, etc. Meets 1x a week.
- ❖ **Mom’s Support group:** Primarily focuses on support, celebrating successes and share/discuss challenges. Meets 1x 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 1x a week.
- ❖ **Ethnic Hair and Skin Care Parent group:** Join a supportive group of adoptive and foster parents in learning all about how to care and maintain your child’s skin and hair.

### Other Resources:

**CORE Teen groups** are starting up: to register, call 877-800-3393 or email [DCFS.TRAINING@ILLINOIS.ORG](mailto:DCFS.TRAINING@ILLINOIS.ORG)

We begin with a comprehensive understanding of the effects of trauma on the brain and ongoing discussions about how to better meet the needs of youth effected by trauma, as well as meeting our needs as a caregiver.

- 7 Consecutive Mondays from 6pm-9pm beginning April 11, 2022
- 7 Consecutive Tuesdays from 1pm-4pm beginning April 12, 2022

**INSPIRED PARENTING - PARENTING FROM AN ATTACHMENT/TRAUMA PERSPECTIVE:** A free, monthly workshop from the Trauma Research Foundation. This is a virtual eight-part series, beginning 2/23/22. For more information and to register, visit the [TRF website](#).

## TBRI Tip of the Month

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

*-- Dr. Karyn Purvis*

- **Proactive Strategies** are designed to teach regulation, behavioral expectations, and social skills to children during times when they are calm and best able to learn. Remember that our children will learn best when they are praised for doing something correctly, rather than punished for doing something incorrectly.
  - One proactive strategy is teaching Life Value Terms (which are then referred to using scripts during times of correction); Life Value Terms are taught and practiced during calm times, when the child(ren) feel safe.
    - “With respect” – Teach your child(ren) how to show respect with their words and actions; model this, practice and praise them when you see them showing good respect.
    - “Use your words” – Teach your child(ren) that if they use words, you can better understand what they need and this will help you meet their needs—and build trust—by giving you a chance to say “yes!”
    - “Gentle and kind” – This can be used to teach children how to regulate energy level, how to use gentle and kind words, as well as how to be gentle and kind with their bodies.

THE BABY FOLD PRESENTS

# SUPPORTING *and* CELEBRATING NEURODIVERSITY

LEARNING DISORDERS

TIC DISORDERS

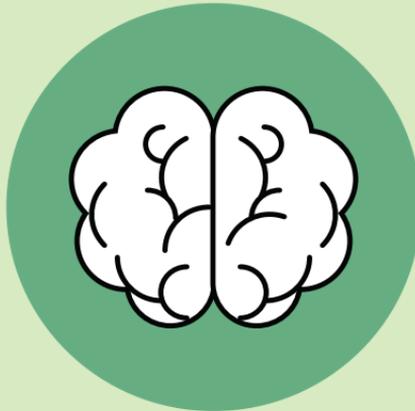
EXECUTIVE  
FUNCTIONING  
DIFFICULTIES

AUTISM

ADHD

SENSORY  
PROCESSING  
DISORDER

OCD



FETAL ALCOHOL SPECTRUM DISORDERS

A SUPPORT GROUP FOR CAREGIVERS

HELD VIA ZOOM

OPEN TO ALL INTERESTED FAMILIES

1ST AND 3RD WEDNESDAY OF EACH MONTH

STARTING OCTOBER 20TH, 2021

7 PM - 8 PM

PLEASE CONTACT MORGAN JOHNSON AT  
MJOHNSON@THEBABYFOLD.ORG OR MELISSA LEGENDRE AT  
MLEGENDRE@THEBABYFOLD.ORG FOR MORE INFORMATION



## THE BABY FOLD **PARENT SUPPORT GROUP**

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**1<sup>ST</sup> AND 3<sup>RD</sup> TUESDAY OF EACH MONTH  
8-9PM**

EMAIL EMILY BACKODE AT [EBACKODE@THEBABYFOLD.ORG](mailto:EBACKODE@THEBABYFOLD.ORG) OR  
CARLEY JACOBI AT [CJACOBI@THEBABYFOLD.ORG](mailto:CJACOBI@THEBABYFOLD.ORG) FOR MORE  
INFORMATION

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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**

# The Baby Fold



Open to Foster, Adoptive, and any Parents that need support surrounding behavioral, emotional, and attachment difficulties.

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month**

Location: Virtually through Microsoft Teams

**Time: 12:00 – 1:00 pm**

Contact **Liz Fultz** ([Lfultz@thebabyfold.org](mailto:Lfultz@thebabyfold.org) or 309-531-7444)

**Nicole Hrabik** ([nhrabik@thebabyfold.org](mailto:nhrabik@thebabyfold.org) or 309-532-1230)

**\*Please email to be put on parent support group or if you need assistance with Teams.**

# What have you done for yourself this week?

Come join us:

## Single Parent Support Group

Every other Thursday 8pm – 9pm

Open group: Join when you can

Starts: October 1, 2020

Possible topics include:

Self-care, Stress, Anxiety,  
Communication, Balance, Etc.

Contact us for remote group link and questions:

Brooke DeClerck

[bdeclerck@thebabyfold.org](mailto:bdeclerck@thebabyfold.org)

309-826-5268

