NOVEMBER 2026

TBRI® Newsletter

Trust-Based Relational Intervention®

The Baby Fold - Adoption Support and Preservation



TBRI HOLIDAY SURVIVAL KIT

The holidays are full of fun, food, family, and sometimes, big feelings! For children who have experienced trauma or disruption, all the excitement and change can sometimes feel overwhelming. Instead of aiming for the "perfect" holiday, try preparing for what your child may need to feel safe, connected, and regulated.

Pack Your Holiday Survival Kit!

·*A Snack*- Hunger can make regulation harder. Bring a familiar snack and keep an eye on mealtimes. Don't forget hydration, as well!

·*Something Familiar*- A favorite toy, blanket, book, or comfort item can help your child feel grounded in an unfamiliar setting.

·*A Break Plan*- Know where your child can go for some quiet time. A break isn't a punishment; it's a regulation tool!

·*Realistic Expectations*- Your child may not want to hug Grandma, sit at the table for an hour, or participate in every activity. Give them choices when possible.

·*A Simple Script*- Prepare your child ahead of time: "There will be lots of people and activity today. If you start feeling overwhelmed, you can come find me. We'll take a break together."

When the holiday gets hectic, remember: Connect, regulate, then expect. A child who feels safe and connected is better able to manage the big emotions that come with big celebrations.

And caregivers need a survival kit, too! Take a breath, lower the pressure, and remember that you don't have to make every moment "magical". Sometimes the most meaningful holiday memory is simply: "I knew my grown-up would be there when I needed them."

Check out this resource:

The Baffling Behavior Show podcast episode: Low-Demand Holidays

Trust-Based Relational Intervention® (TBRI®) Classes and Caregiver Support

Join our 12-week virtual training designed for caregivers and professionals working with children from hard places. Learn trauma-informed strategies to help children heal, grow, and thrive.

Tuesday evenings, 5:30-7:00 pm
September 22nd - December 15th

Click here to register!

Contact- bdeclerck@thebabyfold.org

Current/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.
Contact- amunster@thebabyfold.org

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.
Contact- vfinkill@thebabyfold.org

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- ksummers@thebabyfold.org

Contact Krista at Kreichert@thebabyfold.org or 309-557-1149 with any questions about ASAP services, groups, or TBRI.

Follow ASAP on our Facebook page!

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