

SEPTEMBER 2024

TBRI® Newsletter

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



THE TBRI PODCAST:

[THE POWER OF PLAY \(PTS. 1&2\) WITH DR. DEBBIE RHEA](#)

Dr. Debbie Rhea, creator and director of The LiNK Project (Let's Inspire Innovation 'N Kids) joins the TBRI podcast to discuss the power of play. Dr. Rhea has been an educator for 40+ years, most recently at the collegiate level. Dr. Rhea's focus overall has been on the power of incorporating play - specifically unstructured, outdoor play - into the day of a child, in the school and in the home.

Key takeaways from these episodes:

- Children learn through play! It is not only important, but *essential*, to their development.
- Unstructured, outdoor play is specifically important, especially in younger-aged children. Unstructured play is self-directed and self-controlled; it's all about the child deciding what they want to do, how they want to do it. They put their own rules in place, and we (adults) don't stress to them that they have to play a certain way; we just have to make sure that the play is taking place in a safe environment.
- This kind of play offers many benefits, including promoting mental health, resiliency, happiness, physical skills and body composition, brain development and social interactions, while reducing stress and discipline issues in children.

ADDITIONAL RESOURCES:

Learn more about the [LiNK Center for Healthy Play](#) by visiting their website.

They also have links to [Healthy Play Blogs and Articles](#), as well as ["The Right Moves" Podcast!](#)



Mercado, S. (Host) "The Power of Play with Dr. Debbie Rhea Part I and Part II". TBRI Podcast. Spotify, July 2022.
<https://open.spotify.com/episode/OTX4obDapxgarkyBEjPw1A>

Current virtual parent support groups at The Baby Fold:

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.

TBRI Virtual Series:

Trust-Based Relational Intervention® (TBRI®) is a trauma-informed program for caregivers and professionals who work with children who "come from hard places."

Tuesday evenings, 5:30-7:00 pm
September 24th- December 17th
[Register by clicking here!](#)

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





TRUST-BASED RELATIONAL INTERVENTION®



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.

What is TBRI®?

A trauma-informed program that focuses on meeting the relational and developmental needs of children, while supporting caregivers in building healthy attachments and effective interventions.

Key Takeaways from the Training:

- Introduction to TBRI®: Empowering, Connecting, Correcting principles.
- Understand the link between trauma history and development.
- Learn to interpret and respond to behaviors to strengthen attachment.
- Discover strategies for creating felt safety and addressing behavior factors.
- Explore secure attachment and building deep emotional connections.
- Develop practical tools to balance structure, nurture, and correct behaviors.

Training Details

Sept. 24th-Dec. 17th

Tuesday evenings, 5:30-7:00
12 weeks, 3 weeks each section

Register here:

Eventbrite:

<https://www.eventbrite.com/e/trust-based-relational-intervention-classes-and-caregiver-support-tickets-1005204823687?aff=oddtcreator>

Contact Information

Michaëlle Maier

Email: mmaier@thebabyfold.org

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