

Adoption Preservation Newsletter

TBRI UPDATE

UPCOMING TRAININGS/MEETINGS

TBRI Parent Training:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 12/14 & 12/28; 6pm-7:30pm; register with Lynn Stonecipher (lstonecipher@thebabyfold.org)
- ❖ Springfield; Noll Medical Pavilion; 12/7 & 12/21; 5:30pm-7pm; register with Michaelle Maier (mmaier@thebabyfold.org)

Lunch-time support group:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 12/5 & 12/19; noon- 1pm; register with Elizabeth Heid (eheid@thebabyfold.org) or Amanda Walters (awalters@thebabyfold.org)

Parent support group:

- ❖ Champaign; Stephen's Family YMCA, 2501 Fields South Dr.; 12/14; 5:30p-6:30p. Free child care is available. Register with Amanda Gergen at amandagergen@gmail.com

Empowered to Connect Conference:

- ❖ Plainfield, IL; 4/13/18 - 4/14/18;
<https://www.eventbrite.com/e/empowered-to-connect-conference-2018-chicago-metro-tickets-37071223026>

"Our children were harmed in relationship and they will experience healing through nurturing relationships."
-- Dr. Karyn Purvis

TBRI TIP OF THE MONTH

Ecological Strategies focus on the child's external environment; they increase the child's sense of felt safety, and they empower children to learn and practice self-regulation skills.

Transitions

- ❖ Children who are fearful are likely to react negatively (fight, flight or freeze) when faced with a new and challenging situation. Set them up to succeed letting them know what to expect and when to expect it, in terms that they understand.
- ❖ There are two different types of transitions that your child may encounter.
 - *Daily Transitions:* from home to school (and back again); switching from one task to another; going to extracurricular activities
 - *Life Transitions:* moving to a new home/town; joining a new family; birth of a sibling; addition (or departure) of a family member; reaching new developmental levels

Routines & Rituals

- ❖ *Routines:* Consistent, predictable practices that occur regularly as part of a regular schedule.
 - An evening routine might include: homework, dinner, brush teeth/bathe, go to bed
- ❖ *Rituals:* Times of heart-to-heart connection that have deeper meaning than routines.
 - An evening ritual might include: playing a game together with soap bubbles/shaving cream in bathtub, bedtime story, hug/kiss goodnight, back-and-forth sing-song chant such as "good night, sleep tight, wake up bright" or "later alligator, in a while crocodile."



The Baby Fold
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For any comments or questions about the Adoption Preservation program or TBRI please contact Kathleen Bush at (309) 557-1066 or email her at kbush@thebabyfold.org