

Adoption Preservation Newsletter

TBRI UPDATE

UPCOMING TRAININGS/MEETINGS

TBRI Parent Training:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 1/11 & 1/25; 6pm-7:30pm; register with Lynn Stonecipher (lstonecipher@thebabyfold.org)
- ❖ Springfield; Noll Medical Pavilion; 1/4 & 1/18; 5:30pm-7pm; register with Michaelle Maier (mmaier@thebabyfold.org)

Lunch-time support group:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 1/12 & 1/26; noon- 1pm; register with Elizabeth Heid (ehaid@thebabyfold.org) or Amanda Walters (awalters@thebabyfold.org)

Parent support group:

- ❖ Champaign; Stephen's Family YMCA, 2501 Fields South Dr.; 1/11; 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>

"Tell your children 'you are precious, you are valuable, and nobody else is created like you.'"
-- Dr. Karyn Purvis

TBRI TIP OF THE MONTH

Scaffolding Self-Regulation

- ❖ *Other-regulation:* Loving caregivers regulate the needs of infants.
- ❖ *Co-regulation:* Adults provide much support, but children learn basic self-regulation skills and to ask for needs. Adults and children work together to meet those needs.
- ❖ *Self-regulation:* Caregivers are still in charge of children and the environment around them. Children have learned to regulate needs such as preparing a simple snack when they are hungry or putting on a sweater when they are cold.

Self-Regulation through the senses

- ❖ Sight
 - Engine plates
 - Regulation poster
 - Transition poster
- ❖ Sound
 - Slide whistle to signal how child is feelings
 - Calming music
 - Metronome/steady rhythm
- ❖ Nose/Mouth
 - Deep breathing
 - Calming smells
- ❖ Tactile/Proprioceptive
 - Sensory buckets/pools
 - Stretching/yoga
 - Pillow sandwich
 - Wall pushes
 - Fidgets
 - Weighted items/blankets



The Baby Fold
612 Oglesby Avenue
Normal, IL 61761

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