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](mailto:lstonecipher@thebabyfold.org))
- Springfield; Noll Medical Pavilion; 1/4 & 1/18; 5:30pm-7pm; register with Michaelle Maier ([mmaier@thebabyfold.org](mailto: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 ([eheid@thebabyfold.org](mailto:eheid@thebabyfold.org)) or Amanda Walters ([awalters@thebabyfold.org](mailto: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](mailto:amandagergen@gmail.com)

**Empowered to Connect Conference:**

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 feeling
  - 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

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

-- Dr. Karyn Purvis

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