

Adoption Preservation Newsletter

UPCOMING TRAININGS/MEETINGS

Full-Day TBRI Training Series

- ❖ Urbana, The Baby Fold at County Plaza, 102 E Main St, Suite 209; 3/6 & 3/13; 9am-4pm; register with (tlawrence@thebabyfold.org)

TBRI Parent Training:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 3/8 & 3/22; 6pm-7:30pm; register with Lynn Stonecipher (lstonecipher@thebabyfold.org)
- ❖ Springfield; Noll Medical Pavilion; 3/1; 5:30pm-7pm; register with Michaelle Maier (mmaier@thebabyfold.org)

Lunch-time support group:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 3/6 & 3/20; 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.; 3/8; 5:30p-6:30p. Free child care is available. Register with Amanda Gergen at amandagergen@gmail.com

Empowered to Connect Conference:

- ❖ Springfield, IL; 4/27/18 – 4/28/18; <https://www.eventbrite.com/e/empowered-to-connect-simulcast-springfield-first-umc-tickets-41231684077>
- ❖ Champaign, IL; 4/13/18 - 4/14/18; www.cuetcsimulcast2018.eventbrite.com
- ❖ Normal, IL; 4/13/18 – 4/14/18; Tentative location: The Baby Fold at 318 Susan Drive; register with jwalbridge@thebabyfold.org
- ❖ Peoria, IL; 4/13/18 – 4/14/18; Imago Dei Church at 2221 N Gale Ave
- ❖ Plainfield, IL; 4/13/18 - 4/14/18; <https://www.eventbrite.com/e/empowered-to-connect-conference-2018-chicago-metro-tickets-37071223026>

"At-risk adopted children may appear to be a certain age physically, but inside they are playing catch-up-emotionally, behaviorally, and developmentally."

-- Dr. Karyn Purvis

TBRI TIP OF THE MONTH

Mindfulness Strategies involve caregivers becoming acutely aware of what thoughts, beliefs and behaviors they bring to interactions, and how those might influence ongoing relationships. A mindful adult will know his/her own emotional triggers and will possess the ability to self-regulate in order to remain "in the moment."

Mindful adults are often able to maintain a calm presence in order to more effectively co-regulate a child; they are also more often able to be flexible in responding to negative behaviors, and they are able to be creative in problem-solving (using authoritative rather than authoritarian parenting tactics). Lack of mindfulness can cause a caregiver to engage in reactive parenting rather than responsive parenting, resulting in a loss of connection and attunement with the child's true needs.

Mindfulness is possible in both securely attached adults as well as those with insecure attachment styles! Developing increased mindfulness can help lead to becoming "Earned Secure," which means being able to tell your story with fierce honesty, but then let it go.



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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