

Adoption Preservation Newsletter

UPCOMING TRAININGS/MEETINGS

TBRI Parent Training:

- ❖ Springfield; 10-week training beginning 4/11/19; 5:30pm-7pm; register with Michaelle Maier (mmaier@thebabyfold.org)

Evening support group:

- ❖ Urbana; The Baby Fold at 102 E Main St., Urbana, Suite 209; 2/5 & 2/19; 6-7pm; register with Katie Martin (kmartin@thebabyfold.org) or Barbara Shelton (bshelton@thebabyfold.org); See attached flier for more information

Lunch-time support group:

- ❖ Normal; The Baby Fold at 318 Susan Drive; 2/12 & 2/26; noon- 1pm; register with Amanda Walters (awalters@thebabyfold.org) or Marie Torchia (mtorchia@thebabyfold.org); See attached flier for more information

Other support groups:

- ❖ Parents Supporting Social Skills; The Baby Fold at 318 Susan Drive, Normal; 2/12 & 2/26; 5:30-7pm; register with Becky Largent (blargent@thebabyfold.org); See attached flier for more information
- ❖ Parents' Mental Health Literacy; The Baby Fold at 318 Susan Drive, Normal; 2/14 & 2/28; 5:30-7pm; register with Becky Largent (blargent@thebabyfold.org); See attached flier for more information

Empowered to Connect Conference Broadcast:

- ❖ Normal; Calvary United Methodist Church, 1700 N Towanda Ave; 4/25/19 – 4/26/19; register with Jen Walbridge (jwalbridge@thebabyfold.org)

“Once you see yourself in this role of mentor, encourager, and protector, days become filled with opportunities—opportunities to show your child how to correct his/her mistakes, to practice doing the right thing, to communicate needs with words instead of behavior, and to get positive feedback for his/her efforts.”
-- Dr. Karyn Purvis

TBRI TIP OF THE MONTH

Proactive Strategies are designed to teach regulation, behavioral expectations and social skills to children during times when they are calm and best able to learn. Remember that our children will learn best when they are praised for doing something correctly, rather than punished for doing something incorrectly. One proactive strategy is teaching *Life Value Terms* (which are then referred to using scripts during times of correction); *Life Value Terms* are taught and practiced during calm times, when the child(ren) feel safe:

- ❖ “With respect” – Teach your child(ren) how to show respect with their words and actions; model this, practice and praise them when you see them showing good respect.
- ❖ “Use your words” – Teach your child(ren) that if they use words, you can better understand what they need and this will help you meet their needs—and build trust—by giving you a chance to say “yes!” Give them suggestions for words they can use to get express themselves in a way that is acceptable to you. Remember that if you teach them to use words, they need you to listen to those words (they might not be very respectful words at first, but then you can use the “with respect” script as needed).
- ❖ “Gentle and kind” – This can be used to teach children how to regulate energy level, how to use gentle and kind words, as well as how to be gentle and kind with their bodies. “Let’s try that again, this time in a gentle and kind way” can be a good way to get a re-do without triggering shame. This is also an easier-to-grasp concept than “respect” for many children, so this is a good script to start with!



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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