

Adoption Preservation Newsletter

UPCOMING TRAININGS/MEETINGS

Teen Girls Creative Arts Therapy Group:

- ❖ Urbana; The Baby Fold at 102 E Main St.; 8/8 & 8/22; 6-7:30pm; register with Leah A'Hearn (lahearn@thebabyfold.org) or Brittney Walker (bwalker@thebabyfold.org); See attached flier for more information

Adolescent Grief and Loss Group:

- ❖ Normal; The Baby Fold at 1500 Ft Jesse Rd, Suite A; 8/6; 4:00-5:15pm; register with Michelle Bledsoe (mbledsoe@thebabyfold.org); See attached flier for more information

"You cannot lead a child to a place of healing if you do not know the way yourself."
-- Dr. Karyn Purvis

OTHER RESOURCES

- ❖ Parent guide on social media for teens; See attached flier.

TBRI TIP OF THE MONTH

Engagement Strategies provide valuable ways to nurture a healthy connection with children of all ages.

Five ways you can engage with your child . . .

- ❖ *Gentle Touch:* Gentle touch helps your child's brain organize sensory information, and builds attachment by helping create a sense of felt safety and preciousness. Be attuned with the child's needs, and always ensure that the child consents to any touch you give.
- ❖ *Eye Contact:* Eye contact increases focus; gentle and kind eye contact increases learning and connection. Be playful; move your head into the child's field of vision; use your eyes and facial expression to convey affection. Start with glancing (not piercing) eye contact at first, and slowly build up to more prolonged moments.
- ❖ *Voice Quality:* Use your tone, volume and cadence intentionally; match your voice to the level of the child's behaviors. Playful voice is light in tone, quick in cadence. Be aware that a threatening voice can trigger an emotional (fight/flight/freeze) response.
- ❖ *Behavior Matching:* Use mirror neurons to convey to the child that you are working together. Match the child's posture, play with the same toy/game, eat the same snack. This disarms fear, builds connection and can be done without the use of words.
- ❖ *Playful Interaction:* Use playfulness to make the child feel safe, accepted, liked and valued. Find ways to share joyfulness and spontaneous laughter. Be silly. Focus your full, undivided attention on your child. Use this time to share power and build trust.



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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