

## Adoption Preservation Newsletter

### TBRI UPDATE

#### UPCOMING TRAININGS/MEETINGS

##### Lunchtime Parent Support Group:

- ❖ Normal; The Baby Fold: 1500 Fort Jesse Rd.; Beginning on September 10<sup>th</sup> and 24<sup>th</sup>; Time: 12:00 – 1:00 pm; register with **Marie Torchia** ([mtorchia@thebabyfold.org](mailto:mtorchia@thebabyfold.org)) or **Liz Fultz** ([Lfultz@thebabyfold.org](mailto:Lfultz@thebabyfold.org)).

"Our children were harmed in relationship and they will experience healing through nurturing relationships."  
-- Dr. Karyn Purvis

### TBRI TIP OF THE MONTH

**Ecological Strategies** focus on the child's external environment; they increase the child's sense of felt safety, and they empower children to learn and practice self-regulation skills.

#### Transitions

- ❖ Children who are fearful are likely to react negatively (fight, flight or freeze) when faced with a new and challenging situation. Set them up to succeed letting them know what to expect and when to expect it, in terms that they understand.
- ❖ There are two different types of transitions that your child may encounter.
  - *Daily Transitions*: from home to school (and back again); switching from one task to another; going to extracurricular activities
  - *Life Transitions*: moving to a new home/town; joining a new family; birth of a sibling; addition (or departure) of a family member; reaching new developmental levels

#### Routines & Rituals

- ❖ *Routines*: Consistent, predictable practices that occur regularly as part of a regular schedule.
  - An evening routine might include: homework, dinner, brush teeth/bathe, go to bed
- ❖ *Rituals*: Times of heart-to-heart connection that have deeper meaning than routines.
  - An evening ritual might include: playing a game together with soap bubbles/shaving cream in bathtub, bedtime story, hug/kiss goodnight, back-and-forth sing-song chant such as "good night, sleep tight, wake up bright" or "later alligator, in a while crocodile."



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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](mailto:kbush@thebabyfold.org)