The Baby Fold’s Adoption Preservation Newsletter

TBRI UPDATE

UPCOMING TRAININGS/MEETINGS

Lunch-time support group:
- Normal; The Baby Fold at 1500 Fort Jesse Rd. Normal, IL 61761; Second & Fourth Tuesday of the month until further notice; noon-1pm; Contact Marie Torchia (mtorchia@thebabyyfold.org or 309-433-6656) or Liz Fultz (lfultz@thebabyyfold.org or 309-531-7444)

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 feelings
  - 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@thebabyyfold.org

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