Trust Based Relational Intervention:

Goal: To build trusting relationships that help children and youth feel valued, cared for, safe, and connected. Disarming fear and building trust greatly increases the capacity for connection, self-regulation, and learning.

Connecting Principles

1. Engagement Strategies Part 1
2. Mindfulness Strategies
3. Giving Voice

Here are some ways to practice Engagement Strategies in your home:

**Eye Contact**

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.

Say: “Let me see those great eyes”
- The Mirror game
- Clapping games
  - Miss Mary Mack
  - Concentration

**Voice tone**

Playful voice is light in tone, quick in cadence. Be aware that a threatening voice can trigger an emotional (fight/flight/freeze) response.

Say: “Are you asking or telling?”
- Listen to kid podcasts: story pirates and smash boom
- Talk in song lyrics
- Create your own radio podcast, TV show, movie

**Other Resources**

These sites offer games, songs, counting, brain breaks, exercises and fitness videos, and so much more:
- PBS Kids
- Starfall
- GoNoodle

*Cincinnati Zoo* has live showings at 3 PM every day from their Facebook page OR you can watch them on YouTube.

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

Due to the COVID 19 Pandemic, we are not able to meet in-person for our support groups at this time. Stay tuned and email Emily Backode at ebackode@thebabyfold.org or Barb Myers at bmyers@thebabyfold.org if interested in a virtual support group.