

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
- 64

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.