UPCOMING TRAININGS/MEETINGS

**TBRI Classroom Intervention Training:**
- **Location:** The Baby Fold, 1500 Fort Jesse, Normal, IL. Saturday March 14, 2020 9 am to 4 pm; Please contact Kathleen Bush at; (kbush@thebabyfold.org) to register. See attached flier for more information

**Lunch-time support group:**
- Urbana; The Baby Fold at 102 E Main St., Urbana, Suite 209; Tuesday; 3/3/20, 3/17/20, and 3/31/20 noon-1pm; register with Emily Backode (Ebackode@thebabyfold.org) or Barbara Shelton (bshelton@thebabyfold.org); See attached flier for more information

**Lunch-time support group:**
- Normal; The Baby Fold at 318 Susan Drive; Monday 3/10/20 and 3/24/20 noon-1pm; register with Liz Fultz (Lfultz@thebabyfold.org) or Marie Torchia (mtorchia@thebabyfold.org); See attached flier for more information

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**TBRI TIP OF THE MONTH**

**Mindfulness Strategies** involve caregivers becoming acutely aware of what thoughts, beliefs and behaviors they bring to interactions, and how those might influence ongoing relationships. A mindful adult will know his/her own emotional triggers and will possess the ability to self-regulate in order to remain “in the moment.”

Mindful adults are often able to maintain a calm presence in order to more effectively co-regulate a child; they are also more often able to be flexible in responding to negative behaviors, and they are able to be creative in problem-solving (using authoritative rather than authoritarian parenting tactics). Lack of mindfulness can cause a caregiver to engage in reactive parenting rather than responsive parenting, resulting in a loss of connection and attunement with the child’s true needs.

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"At-risk adopted children may appear to be a certain age physically, but inside they are playing catch-up—emotionally, behaviorally, and developmentally."

-- 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@thebabyfold.org