Trust Based Relational Intervention: Connecting Principles

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.

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

Activities:
The following activities improve self-regulation through practicing impulse control and body awareness.

- Red Light, Green Light
- Freeze Dance
- Simon Says/Mother May I
- Progressive Muscle Relaxation for Kids
- Bring it Down - GoNoodle
- 5 Incredibly Fun Games to Teach Self-Regulation
- Card games (Go Fish, Uno)

Other Resources:
DCFS Path Beyond Adoption website (866) 538-8892
- Why is it so important for me and my child’s school to be on the same team?
- Click on this link below to watch a nationally produced video which features some of your very own TBF staff:
  DCFS Path Beyond Adoption: School Concerns
Trinka and Sam: Fighting the Big Virus
- This story was developed to help young children and families talk about their experiences and feelings related to COVID-19 and the need to shelter in place.

Why do We Lose Control of our Emotions?

“We’re called to see the preciousness of our children even when they are covered in their own ‘mess’”.
--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 for more information regarding virtual parent support groups.

For any questions about Adoption Support and Preservation please contact Theresa Lawrence at (309) 433-6596 or email her at tlawrence@thebabyfold.org. For any questions about TBRI please contact Kathleen Bush at (309) 531-9262 or email her at kbush@thebabyfold.org.