



# Trust Based Relational Intervention: Empowering Principles

Goal: To prepare “bodies and brains” for success by meeting physical needs and to prepare an environment that meets the physical and psychological needs of children and youth.



## 1. Ecological Strategies Part 3

## 2. Physiological Strategies

Here are some ways to look at the Environment in your child’s life:

### Environment:

Some kids from hard places are very sensitive to sensory input from their environment. This can include harsh or dim lighting, bad or good smells, loud or quiet noises, crowded places, or even too hard, too soft or an unexpected touch.

Ex: Susy displays challenging behaviors only at school, could it be the harsh lighting? Is she feeling crowded when standing in lines?

### Questions to Ask:

- Is the environment under and/or over stimulating?
  - Too much noise?
  - Smell?
  - Light?
- How is the environment affecting this child?
- In what ways, can I manage the environment to help this child?

### Other Resources:

[The Out-of-Sync Child Has Fun, Revised Edition: Activities for Kids with Sensory Processing Disorder by Carol Kranowitz](#)

[Focus on the Family article: SPD](#)

Free online courses available through June 30, 2020:

- [TBRI 101: A Self-Guided Course in Trust-Based Relationships](#)
- [TBRI & Trauma Informed Classrooms](#)

*“Deprivation and harm suffered early in life impact all the ways that a child develops – coordinator, ability to learn, social skills, size, and even the neurochemical pathways in the brain.”*

– Dr. Karyn Purvis

Due to the COVID 19 Pandemic, we are not able to meet in-person for our support groups at this time.

Ask your therapist or email Ken Summers at [ksummers@thebabyfold.org](mailto:ksummers@thebabyfold.org) for more information regarding virtual support groups.