

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
2. Physiological Strategies Part 3

Here are some ways to look at the physical/internal needs in your child's life:

Physical Activity:

Children from hard places benefit from daily physical activity, dance movement, or opportunities for outdoor play every two hours.

[Dr. Kayrn Purvis](#) found that exercise every two hours showed dramatic reduction in the stress chemical, cortisol, as well as reduction in negative behaviors and significant improvement in positive behaviors.

Try these ideas of play with your child:

- **Play a game of kickball with your child.**
- **Play Mother May I or Green Light, Yellow Light, Red Light**
- **Play catch with a ball of any size.**
- **Push your child on a swing or merry-go-round**
- **Take a nature walk**

Other Resources:

- [The Benefits of Play in Cognitive Development: Dr. Kayrn Purvis](#)

Free online courses available through August 31, 2020:

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

If we can communicate to our children: It's you and me against your history
We have a strong place to begin.
-Dr. Kayrn Purvis

Our virtual support groups are up and running! Ask your therapist or email Ken Summers at Ksummers@thebabyfold.org for more information regarding virtual support groups.