



# Trust Based Relational Intervention: Correcting Principles

Goal: To help children learn appropriate strategies for getting their needs met and successfully navigating challenging situations day to day.



1. Proactive Strategies Part 1
2. Responsive Strategies

Here are some ways to look at the proactive strategies for your child's life:

**Proactive Strategies** consist of a balance of *nurture* and *structure*. These strategies are designed to teach social and behavioral skills. These skills are best taught when your child is calm and alert. The best way to teach these skills is through playful interactions between you and your child

Some regulation skills include deep breathing, use pressure points (above the lip and above and below the eyes), and chair or wall push-ups.

## Proactive ways to teach regulation and social skills:

1. [Sharing Power](#)
2. [Giving Choices](#)
3. [Being open to Compromises](#)
4. [Using Life Value Terms](#)

## Other Resources:

- [Trust Based Parenting Preview](#)
- [3 Questions for Teaching Self-Regulation](#)
- [Life Value Terms posters](#)

Free online courses available through August 31, 2020:

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

"The goal is to see the precious child that exists beneath the survival strategies and to let them know we see them.

-Dr. Karyn Purvis

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