

FEBRUARY 2025

TBRI® Newsletter

Trust-Based Relational Intervention®

The Baby Fold - Adoption Support and Preservation



TBRI CONNECTING PRINCIPLES

Over the next few months, we will be briefly overviewing the three TBRI Principles- Connecting, Empowering, and Correcting. Connecting Principles are used to address attachment needs in a child, and is considered the “heartbeat of TBRI”. Connection is *crucial* in building a secure attachment, which forms the foundation of healing and growth. **“When you connect to the heart of a child, everything is possible.”**

-Dr. Karyn Purvis

Within the Connecting Principles, there are two components: Mindfulness and Engagement Strategies.

Mindfulness is about the caregiver being aware of what they are bringing into interactions with a child, and being reflective about how these factors influence interactions. This includes (but not limited to) the caregiver’s personal attachment style, past experiences/trauma, triggers, and current emotional, mental, and physiological state. Mindfulness is something caregivers should strive to practice in each and every interaction with a child.

Engagement strategies are the practical and specific things we do to help build connection and trust. These strategies include:

- Eye contact- to share/show a child’s “preciousness”; produces oxytocin, a hormone that promotes bonding
- Healthy touch- essential for human beings; will look different for every child and a child’s comfort/preference should be respected (hugs, snuggles, high fives, sitting close, etc.)
- Voice control- includes volume, speed, and cadence; should be altered to fit the needs of the child and the situation at hand
- Behavior matching- a way to connect nonverbally with a child; could be something like mirroring a child’s play nearby or picking the same shirt color as the child
- Playful engagement- disarms fear and builds connection; a mindset and a way of interacting with a child in a silly, playful way

Resources:

[TBRI Podcast episode: TBRI Connecting Principles with Amanda Purvis](#)

[TBRI Animate: Attachment](#)

[Nurturing Change blog post on Connecting Principles](#)

Parent Support Groups at The Baby Fold:

Beginning February 24, 2025!

Book Club- Caregiver Support and Education Group (virtual):

Are you an adoptive or foster parent struggling with your child(ren)’s behavior, seeking additional support and resources? Join us as we discuss *Raising Kids with Big, Baffling Behaviors* by Robyn Gobbel!

Wednesday Noon Group (virtual):

Provides education and support related to parenting, trauma, and self-care within the context of adoption and foster care. Meets 2x a month.

Dads Sharpen Dads (virtual):

A safe place for dads to share their unique challenges, as well as education and support for each other to be their very best. Meets 2x a month.

Contact Melissa at
MLegendre@thebabyfold.org or
309-557-1149 with any questions
about ASAP services, groups, or TBRI.

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