



Upcoming Virtual Trainings/Meetings

Contact your therapist or Ken Summers at ksummers@thebabyfold.org for more information about....

Parent Support Groups:

- ❖ **Wednesday Noon group:** 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:** 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.

Other Resources: Podcasts

The TBRI Podcast - conversations about Trust-Based Relational Intervention®, an attachment-based, trauma-informed intervention designed to meet the complex needs of vulnerable children; about the elements of trauma-informed care and chat with experts in the field about implementing TBRI® across different communities of care and practice.

Empowered to Connect Podcast - a place where we come together to discuss an attachment-rich, healing-centered approach to engagement and wellbeing for ourselves, our families, and our communities.

The Baffling Behavior Show with Robyn Gobbel - a neuroscience-informed podcast for parents of kids with big behaviors or a history of trauma.

“Once you see yourself in this role of mentor, encourager, and protector, days become filled with opportunities...”
 -- Dr. Karyn Purvis

TBRI Tip of the Month

The IDEAL Response- An acronym for critical elements of responsive caregiving interactions

- **Immediate**- Respond within seconds, when possible.
- **Direct**- “Tune in” to your child- become close in proximity, get on to their level, and use eye contact and touch (when appropriate/possible).
- **Efficient**- Lowest possible, yet still effective Level of Response (sometimes parents try to “shoot a gnat with an elephant gun”); match the response to the level of challenge.
- **Action-based**- Give the child opportunity to “re-do” or correct the mistake. This helps wire the brain to create paths for desired behavior.
- **Leveled**- At the behavior, *not* the child. Make it clear to the child that you are on their side, helping them to overcome struggles together.

Click the links below for more!

- [The IDEAL Response with Dr. Karyn Purvis](#)
- [TBRI Animate: The IDEAL Response](#)