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TBRI® Newsletter

Trust-Based Relational Intervention®

The Baby Fold - Adoption Support and Preservation



BACK-TO-SCHOOL WITH TBRI: HELPING CHILDREN START STRONG

Back-to-school transitions can bring excitement for children and their parents! It can also bring big feelings, sensory overload, and increased stress. Using TBRI® principles can help children feel safe, connected, and prepared as they adjust to new routines this back-to-school season.

Here are a few practical ideas to consider:

- Create felt safety: Preview the school routine, practice new steps, and use simple, predictable language. Knowing what to expect can help reduce anxiety and increase a child's sense of safety.
- Connect before you correct: Build in a few minutes of one-on-one connection each day, especially during busy mornings and after school. Even just a few minutes of focused attention, play, or conversation can help strengthen attachment and support regulation.
- Practice playful engagement: When appropriate, use playfulness to make routines more inviting and to reduce power struggles. A silly song while getting dressed or a playful race to the car can turn a stressful moment into a connecting one.
- Prepare for the unexpected: Talk through what the school day might look like and make a simple plan for changes or challenging moments.
- Use Empowering Principles: Support your child's body and brain by prioritizing hydration, nutritious snacks, movement, sleep, and opportunities for sensory regulation. Consider sending familiar snacks, water, or a small comfort item, when appropriate.
- Build in transition time: After a full day of school, children may need time to decompress. Consider a snack, movement break, quiet activity, or connection time before jumping into homework or questions about their day.
- Expect big feelings: After holding it together at school, children may need extra patience and connection when they get home.
- Celebrate small wins: Notice effort, flexibility, and progress, not just "perfect" mornings, positive reports from teachers, or completed homework.

Most importantly, remember that connection comes first! A child who feels safe, supported, and understood is better able to learn, regulate, and navigate the challenges of a new school year.

Stay tuned for updates on new learning/support opportunities coming soon!

Current/Ongoing Parent Support Groups at The Baby Fold:

Wednesday Evening 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.

Contact- amunster@thebabyfold.org

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.

Contact- mlegendre@thebabyfold.org

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- ksummers@thebabyfold.org

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

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