

AUGUST 2024

TBRI® Newsletter

Trust-Based Relational Intervention®
The Baby Fold - Adoption Support and Preservation



THE TBRI PODCAST:

[TBRI & TEENS I & II](#)

Scott Waters, Clinical Coordinator & therapist for a residential home for children, teens, and young mothers, as well as an adoptive parent of three, joins the TBRI podcast to discuss how TBRI can be implemented with teenagers.

Key points from these episodes:

- Does TBRI work with teens? As Karyn Purvis herself said, “You bet your boots it works!”
- Connecting with teens is essential - as children move to adolescence, it is important for caregivers to follow the teen’s lead. Connection is more important than teaching at this stage of development.
- TBRI with teens is all about relationship - connect and engage through hobbies or interests that the teen has.
- Engagement strategies look similar in teens as in younger kids - it is important to make sure to have snacks and hydration available and offered frequently (this could include implementing a “yes” basket, drawer, or similar).
- Correction with teens may look a bit different; implementing a “re-do” with a teen will likely be ineffective. Providing opportunities for reflection and growth after a situation, while providing connection and engagement during struggles, can be much more impactful. Also, balancing nurture and structure is key!
- Finally, Scott reflects on a personal conversation with Karyn Purvis. She stated that, just like we are trying to convey inherent worth and love to children and teens, it is essential that parents and caregivers understand and know their own “preciousness”.

ADDITIONAL RESOURCE:

The Connected Parent: Real-Life Strategies for Building Trust & Attachment by Karyn Purvis & Lisa Qualls

- Practical advice and powerful tools to build attachment within your family
- Available for purchase on Amazon: [The Connected Parent](#)



Current virtual parent support groups at The Baby Fold:

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.

Coming Soon!

TBRI Virtual Series (evening class):

Trust-Based Relational Intervention® (TBRI®) is a trauma-informed program for caregivers and professionals who work with children who "come from hard places." Stay tuned for more info!

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

