

JULY 2024

# TBRI® Newsletter

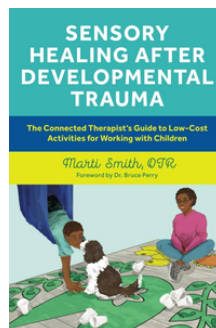
Trust-Based Relational Intervention®  
The Baby Fold - Adoption Support and Preservation



## THE TBRI PODCAST:

### [SENSORY HEALING AFTER DEVELOPMENTAL TRAUMA WITH MARTI SMITH](#)

Marti Smith is an occupational therapist (OT) that authored *Sensory Healing After Developmental Trauma*. The book provides information on effects of trauma on the sensory systems (pulling from TBRI and Dr. Bruce Perry's research, among others), as well as on sensory healing, including free or low-cost activity ideas. The book's design allows readers to skip to topics that are of greatest concern; for example, if a child is having difficulty with sleep, the reader can skip right to the sleep section and explore those specific activities.



A few big takeaways from this episode (aside from how amazingly helpful Marti's book sounds!) include:

- Co-regulation (which includes being in the presence of a regulated, safe, trusted other) ALWAYS comes before self-regulation, developmentally. Children, specifically those who struggle with emotion and/or physical regulation, NEED co-regulation. We, as adults, so often still use co-regulation, as well!
- "Activity analysis" (an OT term) can be used in daily life to help children break down difficult tasks (ie anything from cleaning their room to doing their homework) and understand where the struggles lie. Walk along and "do the hard thing" with them. Keep in mind "will vs. skill"- if they CAN do well, they WILL do well!
- Predictability = safety. Often times, a child who struggles with "manipulation" or "control" is really just trying to calm their brain stem and make things more predictable for themselves. Structure, routine, and rhythm are so important!

## ADDITIONAL RESOURCE:

### [The OT Toolbox](#)

*This website provides activity ideas for children with sensory needs, as well as several articles that provide helpful information on related topics, such as sensory meltdowns.*



## 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](mailto:mlegendre@thebabyfold.org) or 309-557-1149 with any questions about ASAP services, groups, or TBRI.

