

MAY 2025

TBRI® Newsletter

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



PREPARING FOR SUMMER IN A TRAUMA-INFORMED WAY

Summer is almost here! Here are some topics of consideration for navigating summertime with kids, specifically those “from hard places”.

Summer break, no matter how it looks in your family, is a transition.

And transitions can be hard. Leaving the structure of school to be home for the summer, or to begin new structure of summer camp or an alternative care situation, are all transitions. It can be helpful to prepare the child for transitions as much as possible, talking about the upcoming changes beforehand, utilizing countdowns, and letting them have a say in the planning process (if developmentally appropriate).

Structure is important!

Keeping structure during the summer may be key in aiding your child's regulation. School is a high-structure environment that many kids thrive in. Try to meet the “structure needs” of the child (as well as yourself)- maybe they don't need every minute of their day planned out, but a general schedule of daily activities might make a huge difference for both the child and yourself!

If your child is going to summer camp...

Prepare your child as discussed above, as well as the camp staff! It is helpful for those who will be around your child to know their typical behaviors, preferences (sensory and otherwise), triggers, and regulation strategies.

A time to connect and play!

Summer can be a great time to have some “more” fun than what you may be able to do during the busy school year, such as taking a cooking class or visiting a nearby attraction. Even if it's not anything outside of the home or “extra special”, remember that just 10 minutes of intentional connection per day can make a difference in their regulation and your relationship.

Planning your “dream vacation”?

Vacations, trips, or even just new/different activities can be so fun and exciting, but also often very overwhelming for a number of reasons. “Begin with the end in mind”. Plan ahead and lower expectations. “Survival behavior” may easily find its way into your plans- keep routines as much as possible and expect and plan for dysregulation. Ask yourself, “What is the ‘goal’ of this vacation? What would be considered a ‘success’ for us?”.

Resource:

[TBRI Podcast episode- A TBRI Coffee Chat: Summer Edition](#)

Exciting Opportunity! Trust-Based Relational Intervention Classes and Caregiver Support

Join us for an upcoming training on TBRI! This free, seven-week training will be held virtually from 9am to 12pm starting on June 2nd. The class is open to parents and professionals alike.

[Register by clicking here!](#)

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.

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
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ASAP services, groups, or TBRI.

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