

NOVEMBER 2024

TBRI® Newsletter

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



SURVIVING AND THRIVING DURING THE HOLIDAYS

The holidays can be an amazing AND very stressful time of year for many people for many reasons. Sometimes, parents with children from hard places share that difficult behaviors increase around the holiday season. There could be many reasons for this such as disrupted/lack of routine, perhaps an increase in sugar, decrease in sleep, lots of people and noises, and different smells and sights.

Here are some tips to help survive (and thrive!) this holiday season:

- Be flexible with expectations, and set the bar at a realistic level. There may be grief involved in reflecting on and setting expectations that should be acknowledged and honored.
- Keep it as structured and simple as possible, and remember to meet basic physical needs like nutrition, hydration, sensory needs, and sleep.
- Create a visual schedule and review/prepare for what the day will be like. Try to pick 1-2 things to keep the same from the everyday normal schedule such as snack time and bed time.
- Consider sensory needs and sensory overload. Have a quiet place where your child can go to if the lights are overstimulating, or away from sounds, people, etc.
- Reflect on possible triggers. Are there any specific holiday smells, sights, sayings that are trauma triggers? Also, remember that grief and loss are often heightened during the holidays, so allow space for the expression of feelings and grieving.
- Engage in self-care! This season can be busy and stressful, so don't forget to take care of yourself, too.

ADDITIONAL RESOURCES:

Check out these podcasts and blog posts to gain some additional insight and tips on surviving and thriving this holiday season (these sources were used for the above summary):

- [How To Help Your Child Thrive During the Holidays With Adoption Therapist Robyn Gobbel](#)
- [Thriving Through the Holidays](#)
- ['Tis the Season!](#)
- [Surviving the Holidays](#)



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.

Stay tuned:

TBRI Virtual Series coming Winter 2025!

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

