

SEPTEMBER 2024

TBRI® Newsletter

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



THE TBRI PODCAST:

[THE POWER OF PLAY \(PTS. 1&2\) WITH DR. DEBBIE RHEA](#)

Dr. Debbie Rhea, creator and director of The LiNK Project (Let's Inspire Innovation 'N Kids) joins the TBRI podcast to discuss the power of play. Dr. Rhea has been an educator for 40+ years, most recently at the collegiate level. Dr. Rhea's focus overall has been on the power of incorporating play - specifically unstructured, outdoor play - into the day of a child, in the school and in the home.

Key takeaways from these episodes:

- Children learn through play! It is not only important, but *essential*, to their development.
- Unstructured, outdoor play is specifically important, especially in younger-aged children. Unstructured play is self-directed and self-controlled; it's all about the child deciding what they want to do, how they want to do it. They put their own rules in place, and we (adults) don't stress to them that they have to play a certain way; we just have to make sure that the play is taking place in a safe environment.
- This kind of play offers many benefits, including promoting mental health, resiliency, happiness, physical skills and body composition, brain development and social interactions, while reducing stress and discipline issues in children.

ADDITIONAL RESOURCES:

Learn more about the [LiNK Center for Healthy Play](#) by visiting their website.

They also have links to [Healthy Play Blogs and Articles](#), as well as ["The Right Moves" Podcast!](#)



Mercado, S. (Host) "The Power of Play with Dr. Debbie Rhea Part I and Part II". TBRI Podcast. Spotify, July 2022.
<https://open.spotify.com/episode/OTX4obDapxgarkyBEjPw1A>

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.

TBRI Virtual Series:

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

Tuesday evenings, 5:30-7:00 pm
September 24th- December 17th
[Register by clicking here!](#)

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

