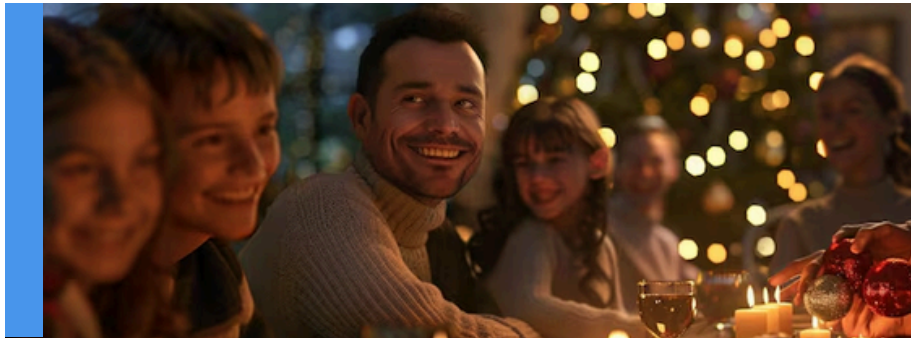


DECEMBER 2025

TBRI® Newsletter

Trust-Based Relational Intervention®

The Baby Fold - Adoption Support and Preservation



PREPARING FOR THE HOLIDAYS: A TBRI® PERSPECTIVE

The holidays are often a wonderful time for connection and fun; they can also feel difficult and overwhelming, especially for children who “come from hard places”, those who have experienced trauma or loss. The goal for the holidays shouldn’t be flawless behavior or picture-perfect moments. Instead, the goal(s) should remain the same as always: felt safety, connection, and regulation.

- **Plan for connection first.** Busy schedules, crowds, and changes in routine can drain everyone’s emotional resources. Build in intentional moments of connection, such as snuggling on the couch, reading together, or sharing a favorite family “ritual”. These small moments help fulfill your child’s need for connection and set the tone for the day.
- **Prepare instead of surprise.** While surprises may seem fun, they can increase anxiety for many children. Talk through plans ahead of time- who will be there, what the day might look like, and when it will end. Visual schedules, calendars, or simple countdowns can help children feel more secure and in control.
- **Watch for regulation needs.** Holiday excitement often looks like dysregulation. Be proactive with snacks, hydration, movement, and rest. If behavior starts to escalate, respond with empathy rather than correction; your child may be communicating that they need help with regulating.
- **Lower expectations and offer grace.** Holidays don’t have to look like everyone else’s to be meaningful. It’s okay to leave early, skip an event, or simplify traditions. Meeting your child’s needs builds trust that lasts far beyond just the holiday season.

As you move into the holidays, remember: connection over correction, preparation over pressure, and grace for yourself and your child.

Happy Holidays!

Check out these resources to learn more:

[TBRI Podcast episode- A TBRI Coffee Chat, Holiday Edition](#)

[The Baffling Behavior Show podcast episode- Low Demand Holidays](#)

[Nurturing Change blog post- Surviving the Holidays](#)

Trust-Based Relational Intervention® (TBRI®) Caregiver Training

TBRI is designed to meet the complex needs of vulnerable children by building connection, empowerment, and correction through relationships.

This training is ideal for caregivers, educators, therapists, caseworkers, and other professionals who support children impacted by trauma, loss, or challenging behaviors.

Wednesdays 9:00am-12:00pm
January 7th through February 25th
Virtual sessions

[Click here to register!](#)

Ongoing 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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309-557-1149 with any questions about
ASAP services, groups, or TBRI.

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