

JANUARY 2026

# TBRI® Newsletter

Trust-Based Relational Intervention®

The Baby Fold - Adoption Support and Preservation



## NEW YEAR, SAME TBRI® PERSPECTIVE

As a new year begins, we often feel the weight of expectations. There is a lot of talk around “fresh starts”, new goals, new hopes. We can gently remind ourselves that healing doesn’t follow a calendar. Connection, *not* perfection, is what moves children forward, and promotes healing. Instead of asking “What can we ‘fix’ this year?”, instead, ask “How can I help my child feel safe as this new year begins?”. Here are a few things to consider, rooted in TBRI’s three basic principles:

- **Empower:** Like any transition, the transition into a new year can be dysregulating. Predictable routines, clear expectations, and meeting physical needs help children feel grounded.
- **Connect:** Many children from “hard places” test relationships when things change. Lean into connection. Remember, play, laughter, and shared moments build trust, and are fun for both child and caregiver.
- **Correct:** Big behavior often reflects big feelings. Correction works best when it feels safe, calm, and rooted in teaching, rather than punishment.

This year, progress may look like fewer meltdowns, or simply quicker repair after a rupture. It may look like showing up again after a really hard day, or fitting in more intentional “family time”.

Here’s to a happy, healthy, and safe 2026!

## A reminder about very helpful, foundational resources:

- *The Connected Child: Bring Hope and Healing to Your Adoptive Family* by Dr. Karyn Purvis, Dr. David Cross, and Wendy Lyons Sunshine
- *The Connected Parent: Real-Life Strategies for Building Trust and Attachment* by Dr. Karyn Purvis and Lisa Qualls
- The TBRI Podcast (available on Spotify, Apple Podcasts, and YouTube)

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 (virtual)  
January 7<sup>th</sup> through February 25<sup>th</sup>  
[Click here to register!](#)

*Coming soon!*

**Book Club: Caregiver Support and Education Group**

Join us as we read and reflect on *Brain-Body Parenting: How to Stop Managing Behavior and Start Raising Joyful, Resilient Kids* by Mona Delahooke!

Mondays 12-1:00 pm (virtual)  
March 9<sup>th</sup> through May 11<sup>th</sup>  
Email [MLegendre@thebabyfold.org](mailto:MLegendre@thebabyfold.org) 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  
[MLegendre@thebabyfold.org](mailto:MLegendre@thebabyfold.org) or  
309-557-1149 with any questions about ASAP services, groups, or TBRI.

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