

JUNE 2025

TBRI® Newsletter

Trust-Based Relational Intervention®

The Baby Fold - Adoption Support and Preservation



A SENSORY SUMMER!

Everyone has sensory needs and preferences; children (and adults!) “from hard places” often have different or more significant needs that require attention and care. Here is a brief review of the eight sensory systems:

- External
 - Visual (sight)
 - Auditory (sound)
 - Tactile (touch)
 - Olfactory (smell)
 - Gustatory (taste)
- Internal
 - *Vestibular* (related to spatial awareness, balance, and head position; sensory input is dependent on head position and movement of fluid in the inner ear)
 - *Proprioception* (involves deep muscle and joint sensory input that tells us where our bodies are in space)
 - *Interoception* (processes and integrates sensory input from inside of the body; feeling hungry, full, thirsty, tired, nauseous, feeling the need to use the bathroom, etc. all involve sensory input from inside of the body)



Here are some summer sensory activity ideas for each of the senses:

- *Sight*- nature scavenger hunts, bubble play, art projects, painting, coloring
- *Sound*- outdoor or indoor music play, nature sounds
- *Touch*- water play, sand play, nature walks/exploration, sensory bins
- *Smell*- flower picking, scented Play-doh or markers
- *Taste*- fruit and veggie tasting, making and eating popsicles
- *Vestibular*- swinging, balance beam walking, dancing
- *Proprioception*- trampoline play, hiking, jump rope, obstacle courses
- *Interoception*- mindful breathing, yoga, intentional hydration breaks, body scan relaxation

Additional resources:

[The OT Toolbox: 150 Things To Do This Summer](#)
[Understanding Sensory Processing video](#)

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
Mlegendre@thebabyfold.org or
309-557-1149 with any questions about
ASAP services, groups, or TBRI.

Follow ASAP on our [Facebook page!](#)

