

JUNE 2026

TBRI® Newsletter

Trust-Based Relational Intervention®

The Baby Fold - Adoption Support and Preservation



HYDRATION, SLEEP, AND SNACKS: MEETING NEEDS BEFORE BEHAVIORS

As summer routines shift and schedules become less predictable, it's easy to focus on challenging behaviors without first considering what may be happening beneath the surface. One of the core principles of TBRI® is recognizing that behavior is often a form of communication. Before addressing a child's actions, it can be helpful to ask: *What need might be going unmet?*

Hydration Matters

Hot summer days, increased outdoor activities, and busy schedules can leave children dehydrated before anyone even realizes it. Dehydration can contribute to irritability, difficulty concentrating, headaches, and emotional dysregulation. Encouraging regular water breaks and keeping water easily accessible can support both physical and emotional well-being.

The Importance of Sleep

Summer often brings later bedtimes, vacations, and changes in routine. While flexibility can be enjoyable, children still benefit from consistent sleep patterns. Lack of sleep can affect mood, impulse control, attention, and a child's ability to manage stress. Maintaining a predictable bedtime routine can help children feel secure, while supporting regulation throughout the day.

Snacks as a Regulation Tool

Children's growing bodies need consistent fuel. Long periods without eating can lead to low energy, frustration, and difficulty managing emotions. Offering protein-rich snacks throughout the day can help stabilize energy levels and support regulation. Rather than viewing snack breaks as interruptions, TBRI encourages us to see them as proactive tools for meeting needs.

The next time a child seems unusually emotional, defiant, or withdrawn, consider pausing to assess their physical needs. Have they had enough water today? Did they get adequate sleep last night? When was the last time they ate? Meeting these foundational needs may not solve every challenge, but it often creates the conditions necessary for connection, learning, and regulation. Remember that caring for the body is an important part of caring for the whole child. When we meet needs before behaviors, we create opportunities for children to feel safe, supported, and successful!

Additional resource: [TBRI podcast episode on Empowering Principles](#)

It's not too late!

Book Club- Caregiver Support and Education Group

Join us as we read and reflect on *The Whole-Brain Child* by Daniel J. Siegel and Tina Payne Bryson!

Tuesdays, 12-1:00 pm
June 9th - July 28th
Virtual meetings

Register/contact-
mlegendre@thebabyfold.org

Current/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.

Contact- amunster@thebabyfold.org

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.

Contact- mlegendre@thebabyfold.org

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- ksummers@thebabyfold.org

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

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