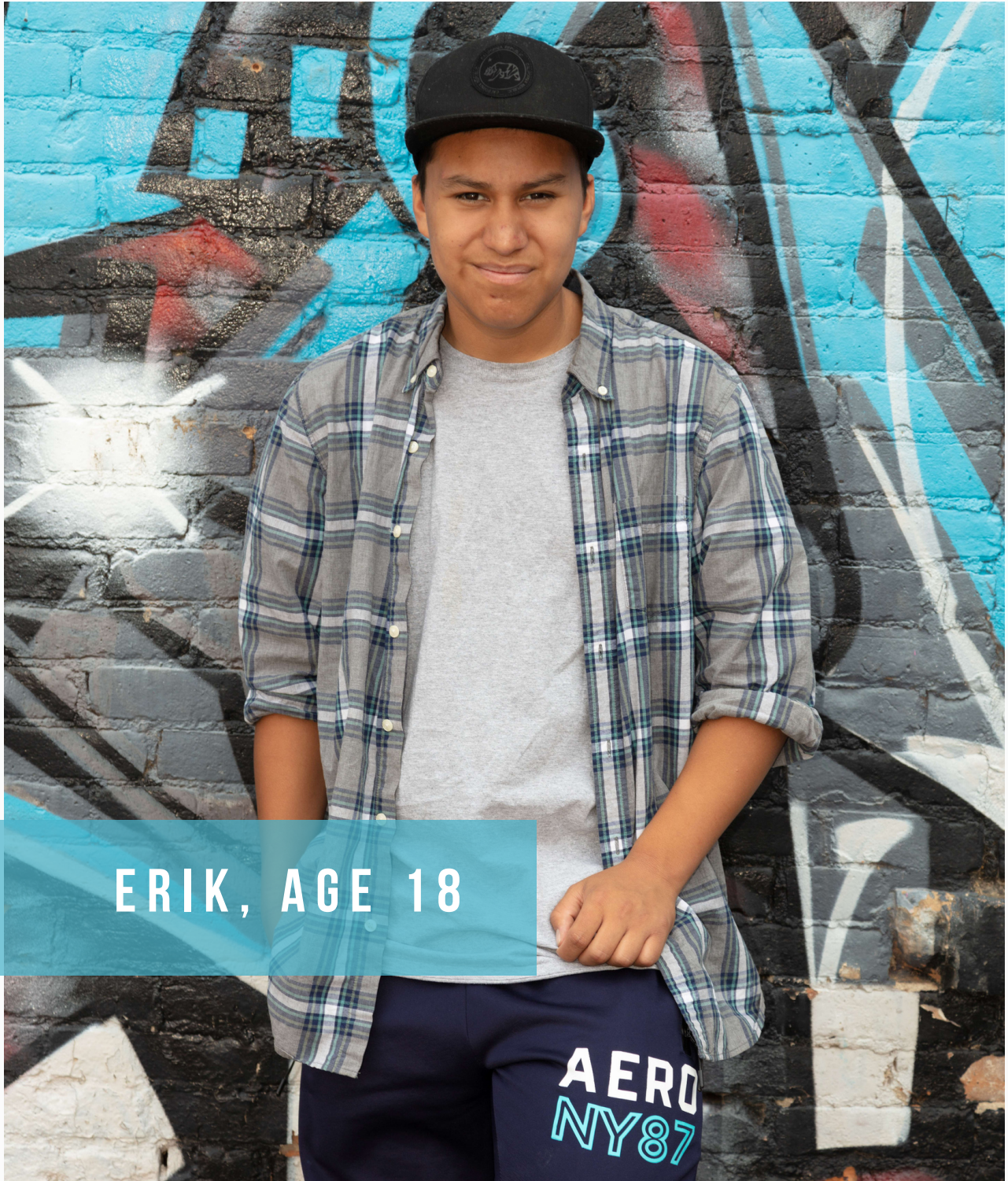


UTAH'S ADOPTION CONNECTION

CHILD AND FAMILY SERVICES

NOVEMBER 2023 EDITION



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Photo by: Ryan Hadley
Masterpiece Images



Photography by: Busath Photography

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CHILD MIND INSTITUTE

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CHILD MIND INSTITUTE

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BY GENERATION MINDFUL

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UTAH'S ADOPTION CONNECTION

CHILD AND FAMILY SERVICES

In partnership with  RAISE the FUTURE

LOOKING FOR POST-ADOPTION RESOURCES?

CHECK OUT ADOPTIVE FAMILY RESOURCE LIBRARY ON THE UTAHADOPT.ORG WEBSITE. ONE OF THE MANY TOPICS IS OCCUPATIONAL THERAPY

Occupational therapy (OT) can help your child engage in the activities they need and want to do. There are many reasons a child may benefit from occupational therapy. All children are different and develop skill sets at their own pace. It is not uncommon for children to struggle with some of these skills at some point during their development, however, when these challenges significantly impact your child's ability to participate in daily activities, it may be beneficial to seek a referral for occupational therapy services. The website contains information and videos on the below topics

[What is Occupational Therapy?](#)

[How Do I Know if My Child Needs Occupational Therapy?](#)

[Receiving an Occupational Therapy Referral](#)

[A Caregivers Guide to Promoting Self Regulation in Foster and Adoptive Youth](#)

[Pediatric Occupational Therapists in Utah](#)

[What is Sensory Processing Disorder?](#)



ON THE COVER, ERIK

Erik is a great sports player! Football and soccer are his top choices to play, and he is said to be a hard worker. When he needs some chill time, video games or reading are some of his favorite things.

He has graduated from high school.

Erik would do best in a family in which he is the only child in the home. He will need to remain in contact with his aunt and uncle following placement. Financial assistance may be available for adoption-related services.

For families outside of Utah, only those families who have a completed homestudy are encouraged to inquire.

NOVEMBER 2023 EDITION

Kathy Searle, Editor

Lindsay Kaeding, Design Director

To submit articles or for a subscription, call 801-265-0444 or email kathy.searle@raisethefuture.org. This publication is funded by the State of Utah, Division of Child and Family Services. Raise the Future prepares and prints the newsletter and the Division of Child and Family Services mails the publication. The mailing list is kept confidential. One can be removed from the mailing list by emailing amyers@utah.gov.



How to Take the Stress out of Family Gatherings

BY: RACHEL EHMKE, CHILD MIND INSTITUTE, REPRINTED WITH PERMISSION

We know from the songs and movies that holidays are supposed to be an exciting, meaningful time for families to reunite and celebrate the things we cherish. We set aside time to practice both religious rituals and family traditions, we give thanks, and, of course, later on, we give presents. But sometimes holiday gatherings are less magical and more, well, stressful.

The vacation from school and work means a break from routine, something kids and parents alike depend on. Many families travel, facing traffic and long airplane rides, to attend one or more family get-togethers with rarely seen relatives who expect kisses and catching up. And most of these occasions will involve unfamiliar vegetable dishes.

How can anxious or easily frustrated children hope to survive all that? We've compiled a list of seasonal tips to help all kids—and parents—enjoy the party.

Minimize conflict over behavior

Your kids know the rules at your house, but in the excitement and novelty of a relative's home, good behavior can be a casualty. Always have a conversation before leaving your house about how you expect your children to behave, and don't shy away from specifics. "Knowing what the rules are at someone else's house is always helpful for kids," says Steven Dickstein, MD, a child and adolescent psychiatrist. "They know that you behave differently in church or synagogue than you do on the basketball court; they need to know what the rules are at grandma's house." If you have any questions about the house rules, don't be afraid to ask.

Talk to your hosts early

Besides preparing your children, sometimes it's necessary to prepare your relatives so they know what to expect. "A child who has behavior difficulties at school is going to have them at grandma's house," warns Dr. Dickstein, "so make sure their expectations are realistic. As a parent you never want to put your children in a situation where they're set up to fail."

Dr. Dickstein also recommends putting a moratorium on criticizing. "Warn family members about sensitive topics in the same way you'd warn people in advance that your child has a nut allergy," advises Dr. Dickstein. If you have a body-conscious teen, no one should chide her for taking seconds on mashed potatoes. If your brother doesn't believe ADHD is real, now isn't the time to discuss it.

Plan ahead for some peace and quiet

For kids who are easily overstimulated or sensitive to things like noise and crowds, Rachel Busman, PsyD, a clinical psychologist, recommends arranging for another room they can use when they need a break. "During family gatherings we want to achieve a balance between being social with relatives while also knowing that, if things get too overwhelming and intense, there's a place to take a break and just be quiet."

Keep kids occupied

Kids like structured activities, and they'll probably be missing them while school is out. Fortunately the holidays lend themselves to art projects and family-friendly movies that kids enjoy. You can even start new family traditions like cutting out and decorating sugar cookies or throwing a ball around outside. If you are traveling with a child who will need to sit in a car for any length of time, Dr. Busman advises packing a bag with multiple activities, particularly if the child has a lot of energy. "Don't just think four or five activities will be enough because you could be through those things before you even get on the highway," she says. When traveling Dr. Busman also recommends planning for breaks, even if it's not that long of a trip. "Kids who get restless or have difficulty managing their impulsive behavior might really benefit from getting out of the car and running around for a few minutes."

Discuss social expectations

Parents should have different social expectations for different kids, and if necessary communicate them to your extended family. "You want to avoid those mandatory hugs and kisses or cheek-pinching for kids that don't do that or like it," says Dr. Dickstein.

Kids with selective mutism should not be pressured to talk during family gatherings (and relatives shouldn't expect them to talk either). If you have a child with Autism who has been working on his social skills, maybe you can agree that he will sit at the table next to you and talk to familiar people—others should be expected to understand.

Getting along with cousins and other kids they don't see often can be a challenge. Just because kids are approximately the same age doesn't mean they'll be natural friends, but they should still try to get along—with adult support if needed. If your daughter gets easily frustrated when she doesn't get her way, encourage her to share and be polite with her cousins—and let her know she should find you if conflict arises that they can't settle amicably.

Dr. Dickstein says family gatherings can be a teachable moment. "Let kids know that family is important and sometimes you have to deal with people you don't really like, but you should work it out, if you can. As parents you are probably doing that with your relatives too, so you can model good social behavior."

Think about the menu

Family gatherings centered on a meal can put a lot of pressure on kids who are picky eaters or who have sensory issues that limit their diet. If you are going to someone else's house for dinner and you know the menu will be a problem, Dr. Busman suggests packing something your child will eat and bringing it with you. Have a conversation with your child ahead of time to reassure them, explaining, "I know we're going over to your aunt's house and there's going to be some different foods there, but we'll make sure that we bring some things that you like. It would be great if you could try something else, too." Exploring new foods is good for kids, but it shouldn't be the most important thing.

Manage your expectations

Both Dr. Busman and Dr. Dickstein agree that managing your own expectations of what the holidays "should" be like is the most essential step to any holiday gathering. "As parents we should check in with ourselves over what our own expectations are and not extend them to our kids," says Dr. Busman. "It would be great if the kids could sit at the table and eat a nice holiday meal with us, but they're probably not going to want to sit still for a long time. It's important to appreciate that kids might find the fun in other things, like watching a movie with their cousins or running around outside. And that's ok."

Dr. Dickstein advises identifying one or two things you would like your kids to get out of the holidays—an idea, a value, a memory of doing something special together as a family—and work on achieving that. "But above all, give yourself a break," he says. "You can't make everyone happy, and perfect holidays are nonexistent. Think of all those Hollywood comedies about disastrous family gatherings. There's a reason why they're funny."





10 Tips for Raising Grateful Kids

BY: CHILD MIND INSTITUTE; REPRINTED WITH PERMISSION

Saying thank you is one of the first [social rules](#) many parents teach their children, and for good reason. We want our kids to be appreciative and not take things for granted, and learning to be grateful can improve kids' relationships, ability to empathize, and overall happiness. If you are looking for ways to reinforce the importance of gratitude or would like to find other meaningful ways your kids can show appreciation, here are some tips:

1. Set an example

Kids learn a lot from watching their parents. Show them what it means to be grateful by offering a genuine "thank you!" to a waitress who serves your food, a helpful neighbor, someone who holds the door open for you. But don't stop there — include your kids, too. Thanking children for doing things that are helpful, even when they are chores like putting away toys, reinforces the behavior and lets them know they're appreciated.

2. Point out generosity

Call attention to it when people (including your kids!) do things that go beyond what's expected — helping without being asked, being especially [thoughtful](#), or taking extra time to do something because it's important to someone else. Send the message that you will notice if they knock themselves out for you, or for someone else.

3. Have a talk

For some kids, especially young children or those who have trouble understanding emotions, it can help to have a talk about how showing appreciation makes other people feel. Try asking your child how they feel when people say thank you to them for doing something nice, and then how they feel when they don't. Going over his own feelings will help them understand how his behavior affects others and make it easier for them to understand the emotional benefits of being grateful.

4. Find fun ways to say thanks

There are lots of ways to show gratitude. If your child isn't comfortable talking to strangers or has a hard time expressing themselves in writing, work together to come up with a different way for them to show their appreciation. They could try giving a smile or a thumbs up if someone holds the door, or show grandma how much they love their new coat by drawing a thank you picture (or taking a smiling selfie!) instead of writing a card.

5. Share the love

Encourage kids to think of people who help them, from coaches to neighbors to the local firemen, and say thanks with cookies or cupcakes. Making them and giving them are fun, and they help kids see how connected we all are.

6. Put things in perspective

Talk to your kids about those who are less fortunate. Don't scare them, but don't keep them in the dark either. Understanding that not everyone has the same advantages will help them develop compassion for others and gratitude for their own privileges.

7. Let kids choose

Encourage kids to turn their interests into action. Whether it's a fundraising drive at school, a bake sale, or a run for charity, expressing their interests and using their skills for a good cause is a great way to boost their confidence and give them a chance to give back at the same time.

8. Get involved

If kids are too young to go alone or aren't comfortable dealing with strangers solo, make giving back a family affair. Find places where you can volunteer together or let your child choose a charity to donate to. Giving and gratitude go hand in hand, and doing it as a family will bring everyone closer and help you make some great memories.

9. Make gratitude part of bedtime

When you tuck them in at night, ask your child to tell you three things they're grateful for. Even if they've had a bad day it will help them—and you—end each day on a positive note.

10. Give kids credit

Be mindful of the fact that your child may have their own way of expressing gratitude, even if it doesn't fit your expectations. Different kids communicate in different ways. For example, your child may be more comfortable giving a hug than a verbal thank you, or might show their appreciation by helping out around the house or drawing you a picture. Tuning in to your child's unique way of being thankful will let them know that even as they're learning new ways to give back, you see and appreciate the thoughtful person they already are.

ABOUT CHILD MIND INSTITUTE

Transforming Children's Lives

Millions of children – as many as 1 in 5 – struggle with mental health or learning challenges. Fully 70% of U.S. counties do not have a single child and adolescent psychiatrist. Due to stigma, misinformation, and a lack of access to care, the average time between onset of symptoms and any treatment at all is over 8 years. Our children deserve better.

That's why the Child Mind Institute was created.

We're dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need. We've become the leading independent nonprofit in children's mental health by providing gold-standard evidence-based care, delivering educational resources to millions of families each year, training educators in underserved communities, and developing tomorrow's breakthrough treatments.

Together, we truly can transform children's lives.



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Through Adoption*



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Adoption & Sibling Relationships: What Children Have Taught Me

BY JANE BROWN; NORTH AMERICAN COUNCIL ON ADOPTABLE CHILDREN (NACAC)

When I ask children in my Adoption Playshop sessions what they like best and least about their family, their answers reflect the importance of sibling relationships—real, imagined, yearned for, or lived-at-a-distance. They speak of siblings with affection, sadness, anger, longing, resentment, envy, gratitude, guilt, or bitterness.

No matter what they share, it is clear that sibling relationships fundamentally affect the children's sense of self, their self-assurance or insecurity, and other crucial aspects of their life's journey. As parents and caring professionals, we must carefully consider and address sibling issues that enhance and complicate the lives of children in adoptive families.

Sibling Issues in Adoptive Families

Parents and siblings may assign polarized roles among children in a family, so that different children are known as the good, bad, smart, athletic, introverted, or outgoing one in the family. These designated roles may influence how parents regard and treat each child, how children see themselves, and how siblings interact.

When older children join a new family, they bring along predetermined self-concepts and beliefs that shape their expectations of new parents and siblings. When a sibling group is adopted and must mesh with a pre-existing sibling group, these imposed characteristics, beliefs, and ways of interacting will influence how the children relate to one another and whether they get along or clash.

Adopted children with un- or under-treated mental health issues, or other issues from their past, can have troubling behavior that severely erodes the family's quality of life. Other children in the family who become targets of the troubled sibling may need professional help to cope with and find ways to support and help a brother or sister who steals or destroys their belongings, has violent outbursts, publicly embarrasses them, or claims an unequal portion of parental time and attention.

Non-adopted siblings in my groups are initially guarded, but express themselves with more intensity once they realize others are empathetically listening to them—an uncommon happening for many. They and their adopted siblings speak of the frequent need to defend the authenticity of their sibling relatedness in public venues like school. Yet, even as they do so, some still harbor questions about whether blood is thicker than water—questions that parents should anticipate and address.

Siblings who are separated in care and placed or adopted separately often reveal how important birth connections are. They value chances to visit and talk with birth siblings, and proudly show off photos of and gifts from them. At the same time, while separated siblings may wonder and speculate about why they couldn't be placed together, they rarely voice concerns or theories for fear of upsetting their parents or losing the chance to maintain birth family ties.

Siblings who are adopted together usually talk about how great it is to have one another. They may be the only recorders of specific chapters in their history. Some who have comforted, protected, or depended upon one another during times of crisis, however, may find it harder to integrate into a new family. One sibling pair, for example, cared for their dying parents in Ethiopia and survived together until being found and taken to an orphanage. The special bond they developed kept them from feeling as close to new siblings, and from being able to trust and rely on their adoptive parents.

Addressing Sibling Issues

Without skilled and sensitive prompting, most youngsters rarely reveal to themselves or others (including parents) what they truly think, feel, and believe about adoption-related matters. Sibling issues and concerns may be similarly kept under wraps. In the interest of children who are members of the same family, parents can offer meaningful sibling support.

Below are some suggestions:

- Create and use a family journal. I encourage parents to construct a journal that the family works on once a week. Everyone takes part by responding to a question or quote or a fill-in-the-blank statement that will spark an open dialogue about family dynamics, establish a foundation for problem-solving, or allow everyone a chance to be heard. Discussions about sibling relationships and concerns should be included regularly.
- Seek therapeutic help for serious sibling and family conflicts. When one especially troubled child traumatizes other children in the family, professional intervention may be needed. In these situations, it is crucial that sibling conflicts be addressed in psychotherapy sessions. If therapy can uncover the thinking and emotions driving the conflict, solutions are easier to identify and healing can begin. Over time, if the troubled youth is helped to better manage her emotions and behavior, a lasting sibling connection can develop.
- Make certain each child gets individual attention and affection. Non-adopted or less outwardly troubled adoptees may feel resentful and marginalized when a sibling monopolizes parental attention. For children who were not adopted or do not have the "right" cultural heritage, adoption and cultural events may intensify feelings of being undervalued and relegated to the periphery. Parents, adoption professionals, and adoptive family organizations should focus on meeting these youngsters' needs too—actions that promote healthier sibling relationships.

- Model and promote open communication. Many children become less communicative as they get older, and those adopted from foster care may find it hard to verbalize their thoughts and feelings. To nurture more honest, open communication, parents must practice active listening and tune in to the emotional content of children's words and actions. Structured family meetings should demonstrate and encourage respectful information sharing and problem solving. Written notes, e-mail, and text messaging can help youth who would rather type than talk.
- Provide chances for your children to interact with similarly situated peers. Children with whom I have worked in group sessions are immensely relieved to learn that other youngsters' experiences are similar to their own, and that they are "normal." By observing and interacting with other children in adoptive families, children pick up knowledge that can help them to better navigate life as an adopted person. Within the safety of like-minded and experienced peer groups, children can also develop strategies for resisting racism, adoptism, xenophobia, and other types of intolerance.

Addressing Issues in Multicultural Families

Some White children in transracial adoptive families speak of being the "vanilla kids" in whom no one seems interested (thankfully, on one hand, and hurtfully on the other). They worry that peers and adults are too interested in their siblings' pre-adoption history, and feel sympathy over their siblings' exposure to negative, intrusive comments and questions from strangers or acquaintances.

Most children express resentment when parents promote their internationally adopted siblings' heritage, but ignore other children's ancestries. Others demonstrate an avid interest in their siblings' cultural heritage, but only because they secretly fear they will lose their parents' approval if they don't. Only as adults reworking their sibling relationships—if they do—might they realize that their adopted siblings disliked and resented this imbalance as much as they did.

Transracially adopted youth are also very affected by white siblings' attitudes toward race and willingness to fight racism. Ideally, every White family member should become "transracialized," a term coined by Dr. John Raible, Assistant Professor of Diversity and Curriculum Studies at the University of Nebraska-Lincoln. Transracialization occurs when, through immersion in a multicultural lifestyle, White people get comfortable with diverse populations, recognize racism, and support and defend family members of color.



If your family has members who were transracially adopted:

- Encourage everyone in your family to participate in adoption education events and multiracial and multicultural adoptive family organizations. Children seem to benefit more when they participate in multiracial and multicultural groups whose participants were adopted domestically and internationally and have different life stories. Under the Kid Code of “I’ll tell if you tell,” children are more likely to divulge information about themselves and their experiences when their curiosity is piqued by peers whose life path is or has been markedly different. Group members are often surprised to learn that, while race matters, children in same-race families and those placed transracially have shared thoughts, questions, feelings, beliefs, and fantasies about adoption. They are curious about and empathetic with non-adopted siblings who share their challenges and vulnerabilities. In turn, non-adopted children learn a great deal about adoptees’ challenges—knowledge that helps them feel closer to and better support their siblings. Parents also benefit from learning that they too have much in common with other adoptive families, and can connect with families to acquire the skills and strategies they need to raise their children. Adoptive family networks can yield new family connections and youth kinships with members of other families that are enriching for everyone involved.
- Facilitate transracially adopted children’s connection with members of their birth race and culture. Provided they have access to and are encouraged to build same-race social relationships, transracially adopted children benefit from closeness to members of their same-race peer groups. Through these friendships, children of color can debunk stereotypes, socialize without fear of being ambushed by racism, and hone their individual and collective strengths. It is imperative that adoptive parents consider how to foster these connections early and often.
- Make your family culturally competent. Everyone in a multicultural family fares better when white members truly understand how people of color experience life. White children who ally with their siblings to resist racism can also pave the way for closer lifelong relationships. Because discrimination can be hard on the whole family, parents must coach all their children about the realities of racism, and help them to develop coping strategies that can be reinforced within adoption-related support groups.

When we think about sisters and brothers, the image of close birth family kinship often comes to mind. Siblings who are related by law but not birth, though, can also develop close and enduring connections. By nurturing and working to meet each child’s needs, promoting honest communication, and giving children opportunities to interact with other adoptees, non-adopted siblings, and cultural resources, parents can do much to cement enduring sibling bonds within their adoptive families.



SHOW UP

A LETTER FROM FIRST LADY ABBY COX

November is National Adoption Month. It is a month when we recognize the need for forever homes for children in foster care, a month when we take time to thank and celebrate all of our adoptive families who have opened their hearts and their homes to children in need of love, safety, and permanency. November is a month when we recognize and appreciate the immense amount of critical work, time, and patience that goes into completing an adoption.

These past years have brought a variety of challenges, many of which adoptive families could not have anticipated. Together, we had to adapt to various adversities to maintain some sense of normalcy. This is especially true with our adoptive families, children in care, and adoption workers.

As First Lady, I want you to know that focusing on foster care and the children and families who are impacted is one of my core initiatives moving forward. What you're doing and what you have done is beautiful, life-saving work. I have seen how Utah's foster, adoptive and relative families have remained patient and unwavering, in the face of much uncertainty. Our families have continued to display resiliency, passion, and strength during these unprecedented times.

I want to say THANK YOU.

Thank you for the courage to **welcome a child into your home** with little to no knowledge of what impact they will make in your world.

Thank you for **being driven by the hope and faith** that you can make a positive difference.

Thank you for **understanding the damaging impact of childhood trauma**, and making every effort to help children and youth heal.

Thank you for **dealing with disappointments and getting right back up when you fall**.

Thank you for **advocating** with schools, doctors, social workers, probation officers and even neighbors, for your kids.

Thank you for many nights of little to no sleep as you have served as **comforter, consoler or mentor**.

Thank you for being a tutor, coach, friend and a **role model**.

Thank you for **loving** the unlovely, healing the hurt, and guiding those who feel lost.

Thank you for being **one of the most significant, lifelong influences in the life of a child**.

I see you, and I honor the work you are doing.

My team and I are ever grateful for your open hearts and helping hands. We're dedicated to raising awareness of you, and doing whatever we can to lighten your load. Happy National Adoption Month!

Sincerely,

Abby Cox, First Lady of Utah



Santa & The Elf on the Shelf are Magical until used for Behavior Modification

By: Generation Mindful

REPRINTED WITH PERMISSION

NOVEMBER 2023 | 14

As a child, this time of year was magic. The lights, the warmth, the giving, the smell of cinnamon and pine, and of course the big ol' man in the red suit and all of his flying reindeer. When I became a parent myself, I carried my family's holiday traditions into our home. Watching my two sons play the role that my brother and I once played never fails to bring back the nostalgia of my youth.

One night while snuggled up with my boys reading a bedtime Christmas story, my four-year-old son asked, "Mom, I'm good, right?"

I had an idea where this was going, and responded, "Yes, who you are is good."

My son continued, "And so I am never bad?"

"No," I affirmed. "Who you are is love." I explained to my son that who we are is separate from what we do. Mistakes are teaching moments, not a weakness or something to punish, and certainly not a measure of inner worth.

"Then why does the song say Santa will only come to see me if I am good?" I looked into my son's big brown eyes and I saw him trying to make sense of it all.

When I paused to think about how I might respond, he began singing the words, "He knows if you've been bad or good so be good for goodness sake. You better watch out, you better not cry, you better not pout, I'm telling you why ... Santa Claus is coming to town."

I hugged my son tightly and listened to the words with my adult ears. They sounded different than I remembered them; the magic this jingle once held for me seemed a lot less magical.

I think every family has the right to find their own path to celebrating and carrying on traditions and I have zero problems with Santa or the Elf that lives on people's shelves, but I do call to question how adults use these figures to manipulate our children.

When holiday rituals are used to speak the language of our children - aka imagination and play - then, to me, they are an opportunity for connection and magical thinking. Yet when they are used with the intent to steer a child's behavior, they quickly become a form of punishment - a mixture of threats, bribes, and shame.

Words Matter

Our words matter, and when we play along with the notion that “you better not cry, and I’m telling you why” — aka you won’t get any presents — we are sending some pretty damaging messages to kids.

Here are just a few harmful messages these outdated traditions carry:

1. You are only good when you do good, and you are bad when you do bad.
2. When you misbehave, you are bad and you deserve be punished.
3. Mistakes are not allowed, especially if someone is watching.
4. It is unsafe to feel your feelings and crying is not allowed.

Using bribes, rewards, and punishments feel like one of those parenting practices best left in the past. I recognize that underneath all of these tactics is love. Yet, given the unspoken messages they send to kids, clearly some of our holiday songs and traditions need to be reconsidered.

When my children make a good decision or do something kind, I want it to be because they chose it, and it’s genuine. That feeling they get inside, the one that feels like they are smiling from the inside out - that is the reward. And when they mess up, there isn’t a punishment attached, but rather a potential to learn and grow a part of themselves. My role is to limit, yes, and to guide, but not with fear, shame and threats.

Using shame-free discipline doesn’t mean we are permissive or that we need to bury our boundaries in the snow. We can be respectful in our loving limits as we use the imagination of the season to teach, guide, and model for our children the true spirit of the holidays. Can Santa and the Elf On The Shelf get in on that action? I’m thinking yes.

Our children are human and very early in their neurological development. At the same time they are rich in what we adults often lack. They pause to notice, they believe in things they cannot see, and they love unconditionally.

This holiday season, as parents and caregivers, we have an opportunity to inspire children with mindful words that remind them of the love they are - both when they feel good AND when they feel bad. Our children and their ability to experience unconventional love for themselves and others is the real gift of the season.

Generation Mindful is committed to nurturing emotional intelligence and strengthening child and caregiver relationships using play and positive discipline. Check them out at www.GenMindful.com.



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TRUST-BASED
RELATIONAL
INTERVENTION®

TBRI® TIDBIT:

“My daughter started to understand the difference between an “inside hurt” and an “outside hurt,” knowing that hurt feelings, worries, anxiety or feelings of loss with abandonment are all real hurts even though they are on the inside.”

*Family Connection Camp
Parent*