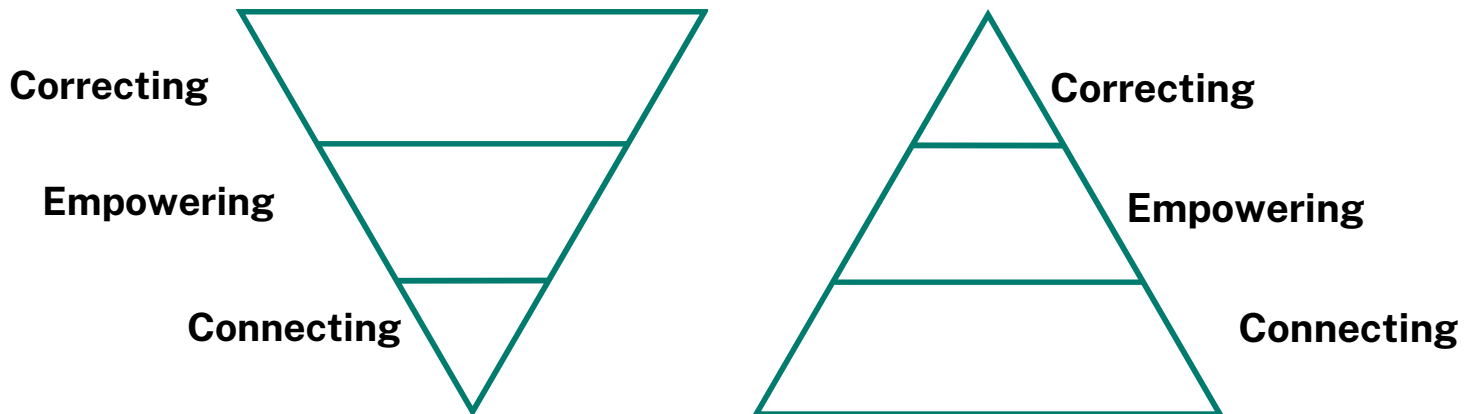




# The TBRI Principles make the relationship between the child and the caregiver stronger



by creating a solid base of connection.

## Connecting

- Practicing giving my child my full attention
- Seeing my child's needs
- Knowing my own needs
- Engaging with:
  - Eye contact
  - Healthy touch
  - Playful interaction
  - Behavior matching
  - Voice quality

## Empowering

- Helping my child feel safe by:
  - Meeting my child's basic needs such as food, water, sleep, and movement
  - Having a predictable schedule
  - Supporting my child during transitions or when things change

## Correcting

- Using playfulness when teaching my child new skills
- Helping my child calm down when they are having a hard time
- Trying to connect before, during, and after I correct

# TRUST-BASED RELATIONAL INTERVENTION® (TBRI®)

## *Principles, Strategies, & Practices*

PRINCIPLES	STRATEGIES	PRACTICES
EMPOWERING	ECOLOGICAL	<i>Creating a Safe Environment</i> Transitions, Routines & Rituals, Artifacts
	PHYSIOLOGICAL	<i>Preparing the Body</i> Hydration, Nutrition, Sensory Needs, Physical Activity, Adequate Sleep, Regulation Skills
CONNECTING	MINDFUL AWARENESS	Self-Regulation, Attunement & Awareness, Flexible Responding, Creative Problem Solving
	ENGAGEMENT	Valuing Eye Contact, Authoritative Voice, Behavior Matching, Playful Interaction, Healthy Touch
CORRECTING	PROACTIVE	Life Value Terms (e.g., using words, with respect) Behavioral Scripts (e.g., choices, compromises, re-dos)
	RESPONSIVE	IDEAL Response Levels of Response

## The 5 B's of Relational Trauma

Understanding the effects of relational trauma on people of all ages—children, youth, and adults—can be simplified through *The 5 B's of Trauma: Brain, Biology, Body, Behavior, and Beliefs*. These five categories help explain the various ways stress and trauma impact us. Relational trauma goes beyond just influencing behavior (like aggression, withdrawal, or defiance); it affects the whole person. Explore below how each "B" plays a role in the holistic well-being of individuals.

### Brain



Stressful experiences can cause the developing **brain** to organize around survival ("fight, flight, or freeze"), which means it is harder to access higher-level processes that allow for learning, creativity, and healthy relationships.

Through its impact on the brain, stressful experiences impact human **biology** through a variety of mechanisms, including chronic activation of the stress response system, which impacts immunity, digestion, sleep, and memory.

### Biology



### Body



Stressful experiences impact the **body** by altering our sensory experience of the world, and our experience of our own body.

Stressful experiences impact a child or youth's ability to self-regulate. This along with the brain organized around survival can result in difficult behavior. But remember: **behavior** is the language of unmet needs.

### Behavior



### Beliefs



Stressful experiences may disrupt attachment and can impact **beliefs** about the self, including self-awareness, self-regulation, self-esteem, and self-efficacy, as well as beliefs about others and the world.

#### How to consider *The 5 B's* into your environment:

- When faced with difficult behavior, ask yourself "what is the need behind the behavior?"
- Pick 1 or 2 regulation strategies to teach (e.g., deep breathing, wall pushes).

# TBRI® ENGAGEMENT STRATEGIES

An easy and effective way to begin implementing TBRI® is by practicing/using the *Engagement Strategies*. The *Engagement Strategies*, which are part of the TBRI® Connecting Principles, help cultivate healthy connections with children of all ages. When the *Engagement Strategies* are used consistently and warmly to address needs, they facilitate secure attachment.

## THE ENGAGEMENT STRATEGIES INCLUDE:

### Healthy Touch

- High-five
- Hand on shoulder
- Symbolic touch

### Valuing Eye Contact

- Look at child/teen's eyes when speaking to them; Do not yell from across the room
- Do not force eye contact

### Authoritative Voice

- Playful communication: Higher pitch and volume, faster cadence
- Correction: Lower pitch and volume, slower cadence

### Behavioral Matching

- Sitting the same as child/teen
- Choosing the same color, toy/sticker as child/teen

### Playful Interaction

- Playing games
- Not being afraid to be silly
- Using imaginative play

## To practice using the *Engagement Strategies*:

1. Identify a time when a child/teen is seeking connection and/or felt-safety.
2. Select one *engagement strategy* to focus on and practice with that child/teen.

Example: If the transition to bedtime is challenging, choose one *engagement strategy* to implement before, during, and after bedtime transitions to build connection and felt-safety.



# TBRI® TRUST-BASED RELATIONAL INTERVENTION®

## Levels of Response

TBRI Levels of Response offer structured guidance for caregivers dealing with challenging behavior in children and youth. This approach promotes positive behavior and ensures that even difficult situations become learning opportunities. The TBRI Levels of Response help caregivers maintain a balance of structure and nurture in addressing behavior challenges.



### LEVEL 1: PLAYFUL ENGAGEMENT

- Use when child/youth, briefly answers back, rolling one's eyes, and being demanding.
- Use warm tone, moderate volume, and a quick, playful cadence.
- Use *Life Value Terms*.
- Adult's Goal: Playfulness



### LEVEL 2: STRUCTURED ENGAGEMENT

- Use when the actions of the child/youth escalate.
- Tone is lower and firmer; cadence is slow and volume of is a little louder.
- Use *Choices and Compromises*.
- Adult's Goal: Structuring child's thought process



### LEVEL 3: CALMING ENGAGEMENT

- Use when child/youth is dysregulated.
- Tone should be firm, cadence slow, and volume increased being mindfully aware of sensory input.
- Use calming strategies and *re-dos*.
- Adult's Goal: Emotional regulation



### LEVEL 4: PROTECTIVE ENGAGEMENT

- Use when child/youth exhibits dangerous behaviors.
- Use minimal words in a slow, low tone.
- Encourage regulation practices like deep breaths and wall push-ups.
- Adult's Goal: Behavioral regulation

# TRUST-BASED RELATIONAL INTERVENTION® (TBRI®)

## The IDEAL Response

The *IDEAL Response* serves as a comprehensive framework for implementing TBRI in interactions with children and youth. It has five key parts: ***Immediate, Direct, Efficient, Action-based, and Leveled at the behavior, not the child.*** By adhering to the *IDEAL Response*, adults utilize *Engagement Strategies* promptly, apply appropriate *Levels of Response*, involve children in learning through *Behavioral Scripts*, and maintain a supportive approach that nurtures self-esteem and supports healthy relationships. Overall, the *IDEAL Response* ensures that interactions with children and youth are constructive and respectful. It empowers them to take an active role in managing their behavior and promoting a collaborative approach to their development.

### How to implement the IDEAL Response:

#### I Immediate

- Respond within 3 seconds of the behavior, when possible.
- Be mindfully aware when you are responding to the behavior.

#### D Direct

- Use *Engagement Strategies* to stay connected.
- Approach the child at their level.
- Make eye contact.
- Use healthy touch if appropriate.

#### E Efficient

- Use the corresponding *Level of Response*, beginning at the lowest level possible.
- Return to *Playful Engagement*, if possible.

#### A Action-based

- Incorporate *re-dos*.
- Use *Life Value Terms* and *Behavioral Scripts*.
- Allow child and youth to actively participate in their learning and development.

#### L Leveled at behavior

- Focus on the behavior and not the child. For example, “That behavior wasn’t okay but you are.”
- Empower child and youth to create their own solutions for their behavior.