

What is TBRI®?

Trust-Based Relational Intervention® (TBRI®) uses three main principles to guide caregivers.

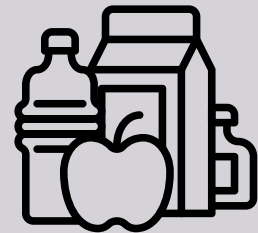
The Connecting Principles

The Connecting Principles help caregivers connect with children using both words and actions. A healthy relationship with caregivers helps kids learn how to have positive relationships with others too.



The Empowering Principles

The Empowering Principles help caregivers think of what a child's body might need and how to set up the surroundings to help children feel safe.



The Correcting Principles

The Correcting Principles helps caregivers learn how to teach children important social and emotional skills, like handling big feelings. It also teaches caregivers how to respond in a healthy way when dealing with tricky behaviors.



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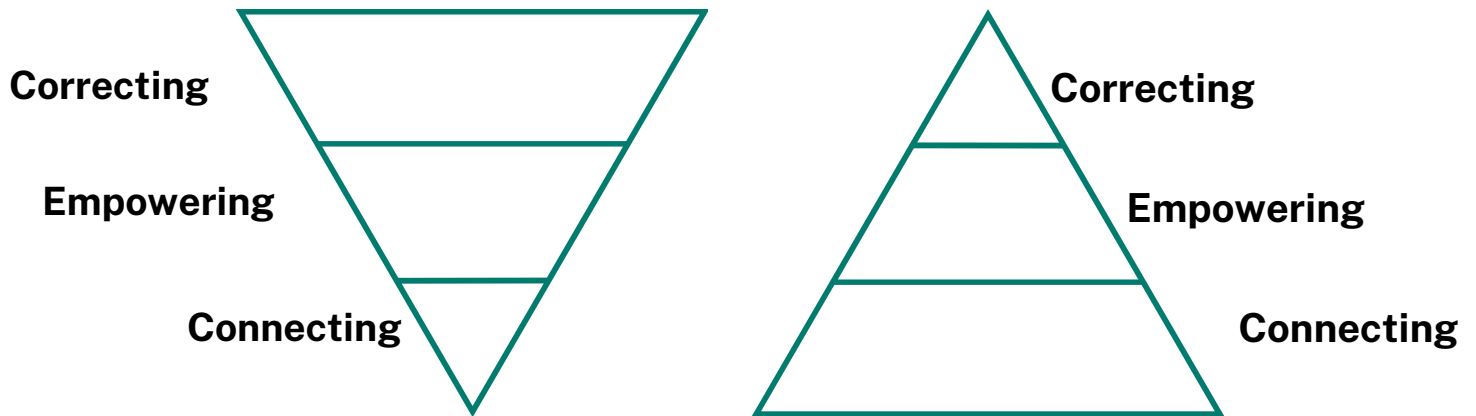
Our children need to know that they are precious, in the sunshine and the rain.

Dr. Karyn Purvis

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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