

4 TIPS FOR TBRI IN ACTION

COMPROMISE

Allow your child to meet you in the middle. If you want them to eat 3 carrots, but they only want 1, make a compromise at 2. This builds a culture of cooperation by giving your child a voice, which then in turn can help them stay regulated and more connected to you.

GIVE CHOICES

Let your child pick from a few options as a way to “share control” with them. Offer things like letting them choose between two books to read together, or ask if they would rather have a shower or a bath before bedtime.

TRY AGAIN WITH RESPECT

Kids who were never treated with respect don't always know how to give it. If they respond with disrespect, allow a redo and kindly say, “Can you try that again with respect?” Kids need the chance to practice using respect with their bodies and words.

PRAISE THE SMALLEST CHANGE

Positive reinforcement can go a long way with kids, especially those who have experienced trauma. Make sure to congratulate your child and celebrate the baby steps as they learn. Be intentional about noticing when they do things “right” and give them praise.

FOR MORE RESOURCES LIKE THIS, VISIT:



[EPICHealing.org](https://www.epichealing.org)



Content adapted from: <https://www.holtinternational.org/tbri-in-action-practical-adoptive-parenting-tips/>