



PARENT SUPPORT RESOURCE



The IDEAL® Response

WE WANT TO WALK ALONGSIDE YOU

Parents often tell me, "It's not working...I've tried to parent using trauma informed care, and it's not working!"

And I get it! It's hard to see progress when you are right in the middle of a consistent stressful behavior from your child. Our goals should be to see a decrease in the frequency, duration, and intensity of our child's behaviors. I bet if we sat down for some coffee or tea you would be able to tell me how far you've seen your child come and describe those skills your child has learned and the behaviors that have decreased. Celebrate those ! Do your happy dance!

Behavior is your child's way of communicating. Remembering this will grow your compassion and tolerance for behaviors. I hope that this resource is a helpful strategy that will help you reach even more milestones with your child!

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USING THE IDEAL[®] RESPONSE

The IDEAL[®] Response from Trust Based Relational Intervention (TBRI[®]) is an acronym used for correcting behaviors. After you have implemented empowering strategies and connecting strategies, this response can be useful for redirecting behavior when it is just a spark. It requires that we, as parents, stop what we are doing and focus on our child to respond and not only react. An example of how to use this response is below. You can also view a video explaining how to use the IDEAL[®] response by clicking [here](#).

Child: Throws crayons across the room (no one got hurt)

Parent: I- IMMEDIATELY responds.

D- DIRECTLY goes down to the child's level and tries to get some eye contact

E- Is EFFICIENT in her response using the appropriate amount of authority and begins with a playful response, "Hey bud, you know crayons don't fly here!"

A- Parent's response is ACTION based and gives the child the opportunity to try again and be successful. . She continues, "Why don't you try putting the crayons back in the bin where they belong without throwing them."

L- The parent's response is leveled at the behavior and not the child. When it's over and the child was successful, it's over.

Print the following page as a reminder to use the IDEAL[®] Response.



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RESPONSE

From TBRI®

IMMEDIATE

Respond within seconds when possible

DIRECT

Engage with eye contact, proximity & touch

EFFICIENT

Measured response equal to intensity of behavior

ACTION - BASED

Offer opportunities for re-do to create body memory

LEVELLED AT THE BEHAVIOR

... not the child!

PARENTING FROM A PLACE OF HOPE AND REST

Parenting kids who come from hard places can be really tough. We get that. But there is so much hope and help available. We know that sounds like a lot to ask, but you've been chosen to be their mom or dad, and we can help you be a stronger foster or adoptive parent. We have found that parents who continue to learn about and implement trauma-informed strategies and find a community of support are better able to parent from a place of hope and rest. We want that parent to be you! To help you on this journey, we offer virtual parent support sessions where you can find a community and learn new trauma-informed strategies. We hope you will join us every 2nd and 4th Thursday of the month.

You can find more information about our parent support sessions by clicking [here](#).

