

Nurture Groups – What are they? And why go?

We caught up with Laura Taylor, Clinical Supervisor at MAA and TBRI Certified Practitioner, to chat with her about Nurture Groups...specifically the Nurture Group that MAA is starting on February 21st

- **What is a Nurture Group?** *A Nurture Group is more about experience than education. That isn't to say you will not learn...of course you will learn! But, a Nurture Group is designed to teach with experience, rather than instruction or lecture. You will be given a variety of exercises that will help you and your child connect, and nurture your relationship. As part of the group, we will do these exercises together, so that you can leave with a thorough understanding of how to implement the exercises at home.*



- **What can I expect to learn at MAA's Nurture Group?** *You can expect to participate in activities that promote attachment and bonding, and will therefore learn how to implement those exercises at home. Each week, you will be introduced to new activities that encourage connection. At the group, you will practice these exercises one-on-one with your child, so that you both are comfortable with them before the group session is over. You will learn some TBRI connecting strategies, as well as TBRI catch phrases that will serve as reminders to your child. You and your child will also work on self-regulating behaviors.*
- **What is the appropriate age of child participants? Why?** *In order to fully participate in the Nurture Group, the appropriate age would be 4-years-old and older. Participants must be able to follow 3-step directions. Parents can assist their children with*

understanding the directions if necessary, but ultimately the child should be able to be easily guided in the activities. Children must also be capable of taking turns.

- **Why can I only bring one child?** *The sole purpose of the Nurture Group is to promote connection with your child. The best way to do that is by utilizing one-on-one interactions. Therefore, the group is designed for pairs, so parent and child can be 100% focused on each other during the session. By working one-on-one with your child, you both will become more attuned and responsive to each other, and you will strengthen your attachment.*
- **Will all Nurture Group sessions present the same material?** *All sessions will promote the same goal – to promote and enhance attachment. The exercises shared at each session will vary. Each session will present the opportunity for **playful** connection, which is the foundation of attachment. Children from hard places can develop secure attachments, but often only once they feel safe. Play disarms fear, and it is in this playful environment that your child can learn, develop, and connect.*



- **What are the benefits of regularly attending a Nurture Group?** *Each session you attend, you are taking one hour out of your busy day to solely, 100% connect with your child. This is a gift! The more you attend the group, the more insight you will gain into ‘connecting principles.’ You will also begin to see that as your connection with your child grows, many troublesome behaviors may begin to decrease in frequency and intensity. By attending several sessions, you will not only become equipped with activities to strengthen your bond with your child, but also with hands-on strategies to help your child self-regulate their emotions.*
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THE DETAILS

We invite you to join us at our Nurture Group to learn TBRI (Trust Based Relational Intervention) based techniques that will nourish your bond with your child, and hers with you. Laura Taylor, our Clinical Supervisor and TBRI Certified Practitioner, will lead the group and teach you different techniques that you can utilize to strengthen your connection with your child.

Open to: Parents (adoptive, biological, foster, step, waiting) and their children 4-years-old and older (adoptive, biological, foster, step). ***Due to the one-on-one, instructional nature of this group, only bring one child per parent please***

When: Thursday, Feb. 21st ; & Thursday, March 21st ;
6:30pm-7:30pm

Where: Madison Adoption Associates

1102 Society Drive

Claymont, DE 19703

RSVP: Space is limited. RSVP required. [Please complete and submit the RSVP form](#)

Cost: \$20/family. When paying in advance, please print and sign the RSVP form, and mail in with check to: Madison Adoption Associates, 1102 Society Drive, Claymont, DE 19703. *Please put 'Nurture Group' in the memo. We are sorry, but we are unable to accept credit card payments at this time.*

[Uncategorized](#)