

# 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.

