



RESOURCE FAMILY LUNCH AND LEARN SERIES

Essentials for New and Experienced Resource Families

Welcome to the Resource Family Lunch and Learn Series, a collection of short, practical videos designed to support both new and experienced resource families. Each video provides essential education and tools to help you navigate the unique challenges and rewards of fostering and caregiving.

Videos are no more than one hour in length and can be viewed in any order, allowing you to

- (1) choose topics that meet your current needs or
- (2) follow the series sequentially for a comprehensive learning experience.

Our goal is to equip you with the knowledge, strategies, and confidence to provide a nurturing, trauma-informed environment for the children in your care.



Oops! Gentle Reminders to Remember Practiced Skills with Denise Marler, MFT Bonus Video | Workbook

**Before watching this bonus video, we recommend watching Video 2: Trauma Responsive Parenting Tools to Create Safety and Support with Denise Marler*



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Sensitive Content

This course contains educational material of a highly sensitive nature, including material that may be triggering for some individuals. Content includes topics on child abuse and neglect, the impact of trauma, sexual abuse, trauma responses, and Dependency Court. This content may be triggering or emotionally challenging. Be aware of your personal responses, take breaks as needed, and consult with your supervisor (if you are a professional) or other qualified professional as needed.

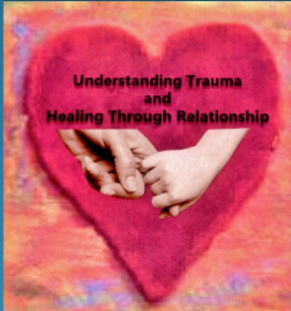




Key Takeaways

Trauma Responsive Parenting - BONUS Oops! Gentle Reminders to Remember Practiced Skills

Video 3



Denise Marler, MFT
healingbrainshealinghearts.com

Trauma Responsive Parenting - BONUS Oops! Gentle Reminders to Remember Practiced Skills

“
No hurts (words or actions).
”

Trauma Responsive Parenting - BONUS Oops! Gentle Reminders to Remember Practiced Skills

“
Let me see those beautiful
eyes or I need your eyes and
hands.
”





Key Takeaways

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

Fair enough?

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

People are not
for hurting.

Can you use kind
words?

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

Can you ask, not
tell?

Good asking!





Key Takeaways

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

“
Are we sticking together?
”

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

“
Have fun!
”

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

“
Listen and follow directions
the first time.
”





Key Takeaways

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

Cooperate and compromise

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

Try it again.

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

Can you say it with respect?

Try that again with respect.





Key Takeaways

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

“
Can you use your words?
”

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

“
Can you tell me what you need?
”

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

“
Can you tell me what you're feeling?
”





Key Takeaways

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

“
Will that lead to a happy
consequence or a sad one?
”

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

“
How is your engine running?
”

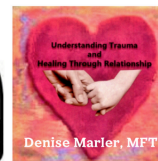
Source: TBRI (Trust-Based Relational
Intervention)

Trauma Responsive Parenting - BONUS **Oops! Gentle Reminders to Remember Practiced Skills**

“
Can we regulate?
”

“
Can we breathe?
”

CREATED IN PARTNERSHIP WITH



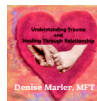
Tuolumne County Child Welfare Online Training Library
Course: Resource Family Lunch and Learn Series: Essentials for
New and Experienced Resource Families

2025



Bonus Video

HANDOUTS



Encouraging “Scripts” (TBRI)

(AKA Gentle Reminders)

“No hurts” (words or actions)

“Let me see those beautiful eyes” “I need your eyes and hands”

“Fair enough?”

“Gentle and Kind” “People are not for hurting” “Can you use kind words?”

“Is that telling or asking?” “Can you ask, not tell?” “Good asking!”

“Are we sticking together?”

“Have fun!”

“Listen and Follow Directions the first time”

“Cooperate and compromise”

“Try it again”

“Is that respectful?” “Can you say it with respect?” “Try that again with respect”

“Can you use your words?”

“Can you tell me what you need?”

“Can you tell me what you’re feeling?”

“Will that lead to a happy consequence or sad one?”

“How is your engine running?”

“Can we regulate?”

“Can we breathe?”

Based on TBRI, Trust Based Relational Intervention. Purvis, K. B., & Cross, D. R. (2011). Trust-based parenting: Creating lasting changes in your child's behavior [DVD]. TCU Institute of Child Development.



Resources for Caregivers

Denise Marler, MFT

Recommended Websites

Dan Siegel

mindsightinstitute.com

Trust Based Relational Intervention

child.tcu.edu

The Nurtured Heart Approach

nurturedheartinstitute.com

Heather Forbes

beyondconsequences.com

Bryan Post

postinstitute.com

Bryan Post YouTube Channel Fear to Love, search

[“Mr. T Parenting with Love: Time-in not Time-out”](#)

Self-regulation/mindful breathing, search
[“Just Breathe by Julie”](#)

Search TBRI on YouTube

Bruce Perry's website

childtrauma.org

National Child Traumatic Stress Network

www.nctsn.org

Denise Marler, MFT Website

healingbrainshealinghearts.com

Recommended Books

[Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges](#)

Paperback by [Mona Delahooke](#)

[Transforming the Difficult Child: The Nurtured Heart Approach](#) Paperback by [Howard Glasser](#) and [Jennifer Easley](#)

[The Connected Child: Bring Hope and Healing to Your Adoptive Family](#) Paperback by [Karyn B. Purvis](#), [David R. Cross](#), [Wendy Lyons Sunshine](#)

[Beyond Consequences, Logic, and Control: A Love-Based Approach to Helping Attachment-Challenged Children with Severe Behaviors](#) Paperback by [Heather T. Forbes](#) , [B. Bryan Post](#)

[The Great Behavior Breakdown](#) Paperback by [B. Bryan Post](#)

[Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom](#) Paperback by [Heather T. Forbes](#)

[From Fear to Love](#) Paperback by [Bryan Post](#)



Reference List

“The Tick People”

Based on the Stress Model

From “Beyond Consequences, Logic, and Control” By Heather T. Forbes, LCSW and B. Bryan Post

“The Iceberg Reminder”

Based on Ross Greene’s Collaborative Problem Solving: “Assessment of Lagging Skills and Unsolved Problems”.

From “The Explosive Child” by Ross W. Greene, PhD

“Negative Beliefs and Strategies”

Adapted from: “Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma” by Debra Wesselmann, Cathy Schweitzer, Stefanie Armstrong

“Connect Before You Correct”, Play Practice”, “Gentle Reminders”, and “Re-dos”

Based on TBRI (Trust-Based Relational Intervention)

From “The Connected Child” By Karyn B. Purvis, PhD and David R. Cross, PhD, with Wendy Lyons Sunshine

“The 4 S’s of Dan Siegel”

From “The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired” By Daniel J. Siegel M.D., Tina Payne Bryson

“Positive Recognitions” and “Resets” from “The Nurtured Heart Approach”

From “Transforming the Difficult Child” By Howard Glasser, MA and Jennifer Easley, MA

Works Cited

Forbes, H. T., & Post, B. B. (2006). Beyond consequences, logic, and control: A love-based approach to helping children with severe behaviors. Beyond Consequences Institute.

Glasser, H., & Easley, J. (1999). Transforming the difficult child: The nurtured heart approach. Nurtured Heart Publications.

Greene, R. W. (2021). The explosive child: A new approach for understanding and parenting easily frustrated, chronically inflexible children (6th ed.).

Purvis, K. B., & Cross, D. R. (2011). Trust-based parenting: Creating lasting changes in your child's behavior [DVD]. TCU Institute of Child Development.

Purvis, K. B., Cross, D. R., & Sunshine, W. L. (2007). The connected child: Bring hope and healing to your adoptive family. McGraw-Hill.

Siegel, D. J., & Bryson, T. P. (2020). The power of showing up: How parental presence shapes who our kids become and how their brains get wired. Ballantine Books.

Wesselmann, D., Schweitzer, C., & Armstrong, S. (2014). Integrative parenting: Strategies for raising children affected by attachment trauma. W.W. Norton & Company.

