



PARTNERING WITH FAMILIES TO IMPROVE OUTCOMES FOR CHILDREN

Children who have experienced early challenges are at risk for behavioral, emotional, and psychological problems. Sometimes children have difficulty forming secure relationships and managing their behavior and emotional responses to stress.

ABC CAN HELP

Attachment and Biobehavioral Catch-Up (ABC) is a 10 session home visiting program. ABC helps parents nurture their distressed child and follow their child's lead. When parents behave in nurturing and responsive ways, children can be protected against negative outcomes.

ABOUT ABC

We offer ABC to parents and caregivers of babies who are between 6 and 24 months old.

ABC strengthens your relationship with your child, while helping your child to learn to regulate behaviors and emotions.

The ABC program will help you identify and respond to your baby's signals. As a result, your relationship with your child can help to protect him or her from stress, early challenges, and adversity.

POTENTIAL ABC BENEFITS

CHILDREN:




- Learn that they can rely on their parents are caregivers
- Demonstrate better self-control
- Develop more regulated stress hormone patterns
- Understand that they are important and competent
- Build the skills that will help them pay attention in school
- Show improved self-confidence and self-esteem

PARENTS:

- Learn to respond to their children's distress and play in ways that improve child development and long-term outcomes

ABC OVERVIEW

The ABC program includes:

-  Ten weekly 1-hour sessions in your home. During sessions, you play with your child and discuss parenting your child with an ABC provider.
-  Parents receive positive feedback during sessions. The ABC provider reviews video clips with you and comments on your parenting skills.
-  The 10-week program ends with a celebration and a special gift—a set of video clips of you and your child interacting during the ABC Program.

ATTACHMENT & BIOBEHAVIORAL CATCH-UP

For more information:
www.abcintervention.org

University of Delaware
Dr. Mary Dozier
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Leaders IN PRACTICE. PRIVILEGED IN MISSION

**PARENTING CAN BE A TOUGH JOB,
WE ARE HERE TO HELP.**

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