



## Attachment & Biobehavioral Catch-up

Children who have experienced early challenges are at risk for behavioral, emotional, and psychological problems.

Children sometimes have difficulty forming secure relationships and managing their behavior and emotional responses to stress.



## Attachment & Biobehavioral Catch-up

### 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.

**For more information:**  
[www.abcintervention.org](http://www.abcintervention.org)



Dr. Mary Dozier developed ABC  
at the University of Delaware



**PARTNERING WITH  
FAMILIES TO IMPROVE  
OUTCOMES FOR  
CHILDREN**

## 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.



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



### POTENTIAL ABC BENEFITS

#### Children:

- learn that they can rely on their parents or 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.