



Attachment &
Biobehavioral
Catch-up



LIFESPAN
PSYCHOLOGY CENTRE



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Catch-up

Parenting is a hard job, and even harder in contexts in which families are not provided the same supports as other families. Sometimes children have difficulty managing their behaviors and emotions and clearly showing their parents that they need them. This can often be the case when children have experienced early challenges.

Parents play an important role in fostering resilience in their children, even starting in infancy.

ABC CAN HELP

Attachment and Biobehavioral Catch-up (ABC) is a 10-session home visiting program. ABC partners with parents to support nurturing their distressed child and following their child's lead.

When parents behave in nurturing and responsive ways, children can be protected against things like early challenges.

Referrals and Enquiries:

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For more
information:



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 0 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 protect them from stress and early challenges.



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 makes comments that highlight your strengths as a parent.

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.