

ATTACHMENT AND BIOBEHAVIOURAL CATCH-UP (ABC)

Pilot project delivered by Ngala in partnership with Lifespan Psychology Centre.



ABC is a free, flexible, 10-session home visiting program, designed to support caregivers in understanding and responding to the needs of their infant and/or toddler.

Who can participate:

ABC is designed to work with caregivers of babies from birth to 24 months of age whose child may have experienced or be at risk of experiencing adversity.

Where do consults take place?

ABC coaches come to you. All visits are conducted in the home.

When do programs begin?

Now. ABC coaches will work with caregivers to find the most suitable time for caregiver and baby.

Sometimes, babies and toddlers are difficult to soothe, or display challenging behaviours and emotions. Further, babies and toddlers sometimes don't clearly show their caregivers that they need them. Caregivers play an important role in fostering mental health and resilience in young children and ABC is designed to support you to support your child.

ABC strengthens the relationship between caregiver and child, helping the child to regulate behaviours and emotions. The program assists caregivers to learn to respond to the baby's signals, strengthening the relationship and helping to protect against stress and early challenges.

Through in-home ABC coaching sessions, children learn that they can rely on their caregivers, learn better self control and develop more regulated stress hormone patterns. Children learn that they are important and competent, building their capacity to pay attention in school and demonstrate improved self-confidence and self-esteem.

Eligibility criteria apply.

Scan below for more information, call 0478 530 972 or visit ngala.com.au/program/ABC

