Children sometimes have difficulty forming secure relationships and managing their behavior and emotional responses to stress. Caregivers sometimes have difficulty understanding a particular child’s emotional signals and cues.

ABC can help

Attachment and Biobehavioral Catch-up (ABC) is a 10-session home visiting program. ABC helps parents nurture their distressed child, follow their child’s lead, and calm their toddler down when very upset.

When parents behave in nurturing, responsive, and calming ways, children can be protected against negative outcomes.

If you would like to learn more about ABC for your family or a family you work with, please complete the interest form at CCFHNC.ORG/ABC or call Shristi Tiwari at (919) 385-0769.

For more information, visit ABCINTERVENTION.ORG

Dr. Mary Dozier developed ABC at the University of Delaware.
We offer ABC to parents and caregivers of babies who are between 6- and 24-months old and to parents and caregivers of toddlers who are between 24- and 48-months old.

ABC strengthens your relationship with your child, while helping your child to learn to regulate behaviors and emotions. For toddlers, ABC also helps you develop strategies for calming your child when he or she is dysregulated.

The ABC program will help you identify and respond to your baby or toddler’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**

**Babies & Toddlers:**
- Learn that they can rely on their parents or caregivers
- Demonstrate better self-control
- Build the skills that will help them pay attention in school
- Show improved self-confidence and self-esteem
- Increase language skills

**Parents:**
- Learn to respond to their child’s distress
- Play in ways that improve child development
- Support their child’s future needs

**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.