Attachment & Biobehavioral Catch-up

All children grow and develop in unique ways, however, some children need extra help to learn and develop.

With **Attachment & Biobehavioral Catch-Up (ABC)** we help you give your child the nurturance and attention they need to foster their development and form healthy relationships.

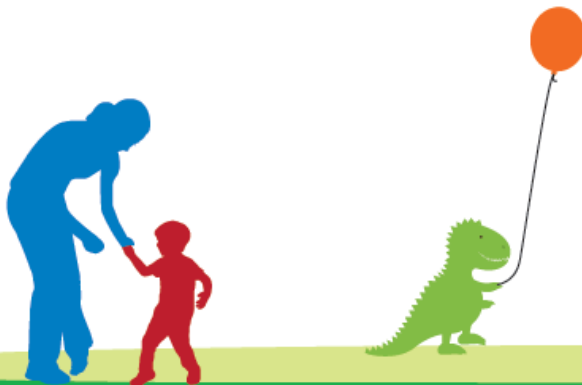*Help your child today*

For more information contact:

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DBHIDS
DEPARTMENT of BEHAVIORAL HEALTH
and INTELLECTUAL disABILITY SERVICES

Recovery, Resilience, Self-determination

Attachment & Biobehavioral Catch-up (ABC)

For Parents
*Partnering With Families
To Improve Outcomes
For Children*

Parenting can be a tough job
We're here to help

This program is offered to parents & caregivers with babies between the ages of 6 months to 36 months.

ABC will strengthen your positive relationship with your child, while helping your child to develop in a healthy way.

Your relationship with your child can actually help to protect him/her from stress in life.

ABC is designed to help you read, identify and respond to your baby's signals.

The Parent Coach will check in weekly with how things are going and provide support for your parenting.

Potential Benefits of ABC:

- Children learn that they can rely on their caregivers
- They learn that they can develop trust in caregivers and in others
- Your child will develop better self-control
- Children learn that they are important and competent
- Your child will begin to build the skills that will help them to pay attention in school
- ABC will help them to stick with boring activities without getting frustrated, which children have to do all the time in school
- They develop self-confidence and self-esteem

The program consists of:

- **10 one hour sessions in your home with structured topics to assist you and your child.**
- **Parents are offered positive feedback during sessions using video clip review and commenting.**
- **The 10 weeks ends with a celebration and a special DVD gift of you and your child.**