



## 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

**For more information contact:  
Infant Toddler  
Early Intervention  
Intake**



### Philadelphia Infant Toddler Early Intervention

#### ABC CAN HELP

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.

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Recovery, Resilience, Self-determination

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

# STRENGTHENING ATTACHMENT

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



## 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 and gain executive functioning including language skills and sticking with boring activities
- 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 Parent Coach.

Parents receive positive feedback during sessions. The ABC Parent Coach reviews video clips with you and comments on your parenting skills.

The 10-week sessions end with a celebration and a special gift - a set of video clips of you and your child interacting during the ABC program.