



Attachment & Biobehavioral Catch-up

PARTNERING WITH FAMILIES TO IMPROVE OUTCOMES FOR CHILDREN

What is ABC?

Attachment and Biobehavioral Catch-up (ABC) is a parenting program that was developed at the University of Delaware (UD). ABC is a home-visiting program that consists of ten 1-hour weekly sessions. During ABC sessions, parent coaches help parents nurture their child and follow their child's lead. ABC parent coaches also help parents avoid frightening their children.

Our Mission

ABC Parenting's mission is to nurture parent-child relationships through science-based practice and community partnership.

Why ABC?

- ✓ Strengths-based and parent-focused
- ✓ Brief (10, 1-hour weekly sessions)
- ✓ Cost-effective
- ✓ No requirements for parent coach background
- ✓ Proven history of evidence
- ✓ Strong supervision and consultative support

Supported by Research

After only 10 ABC sessions, parents demonstrate higher levels of responsive parenting.

Effects on children can be seen all the way through adolescence. Compared to children who receive a control intervention, children who receive ABC:



Demonstrate more normative patterns of cortisol



Report higher levels of trust in parents and develop secure attachments



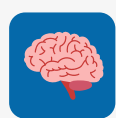
Control anger when frustrated



Resolve impulses effectively



Demonstrate higher levels of vocabulary



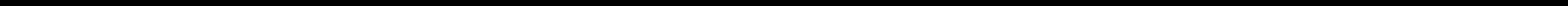
Show more normative brain development



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Contact Information

Center for Child and Family Health (CCFH)	
Katharine Cannon	katharine.cannon@duke.edu
Mary Wise	mary.wise@duke.edu
North Carolina Department of Health and Human Services (DHHS)	
Brian Deese	brian.deese@dhhs.nc.gov
Amy Overcash	amy.overcash@dhhs.nc.gov



**Interested in learning more about ABC and our training model?
Please contact us!**