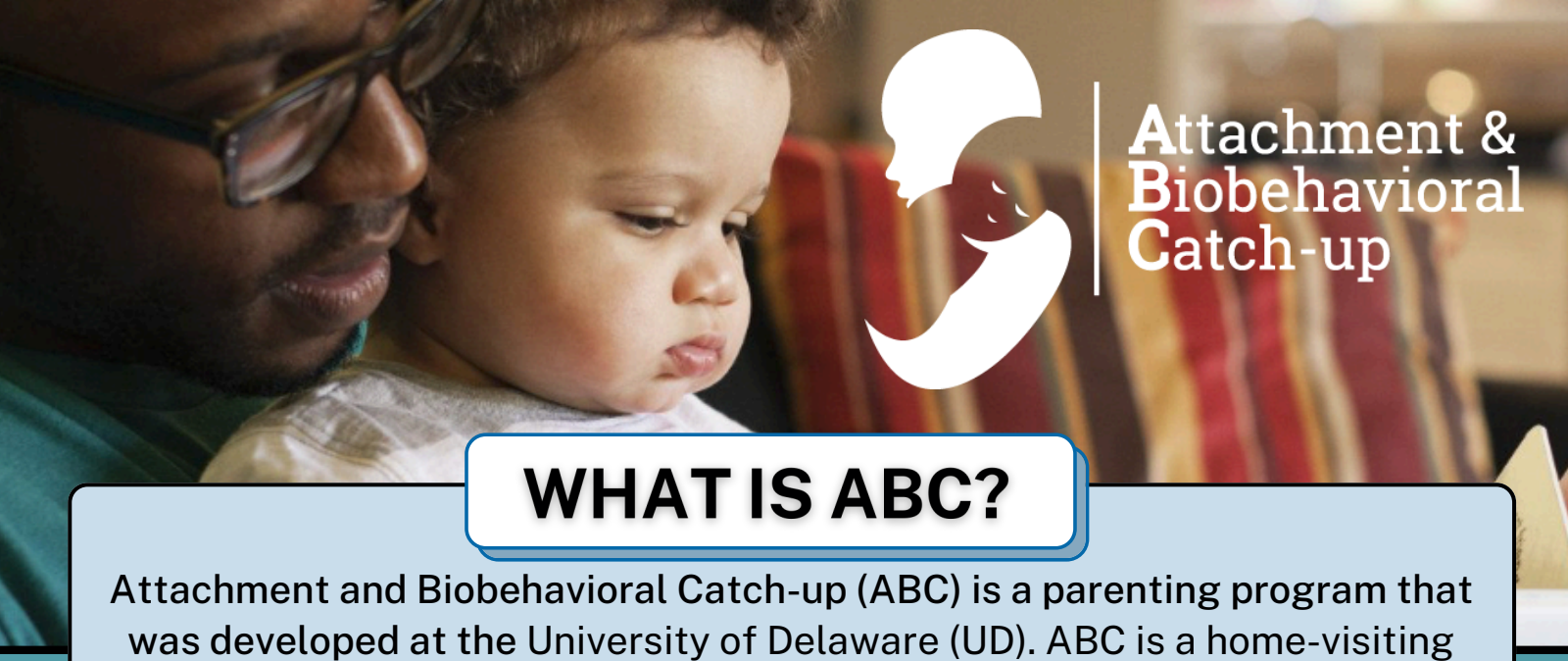


Attachment & Biobehavioral Catch-up

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:

1. Nurture their distressed child
2. Follow their child's lead
3. Avoid frightening behaviors

There are three different ABC models. The model you receive is based on your child's age.

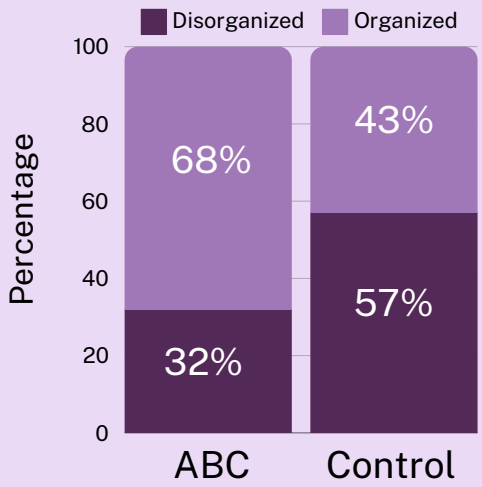
Newborn
Prenatal-6 months

Infancy
6-24 months

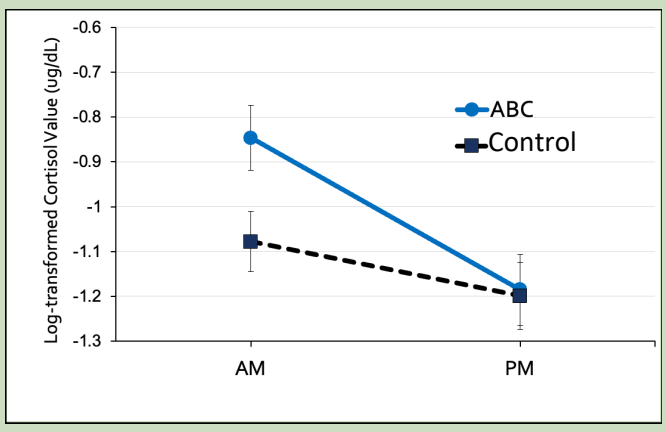
Early Childhood
24-48 months

ATTACHMENT

Children who received ABC demonstrated **lower rates of disorganized attachments** than children who received a control intervention.

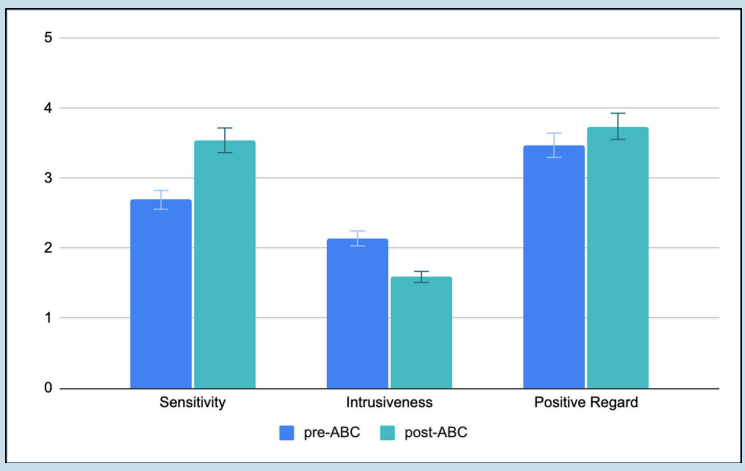


PHYSIOLOGICAL REGULATION



Children who received ABC also demonstrated **more normative patterns of cortisol** than children who received a control intervention. These effects are present one month post intervention and persist three years later!

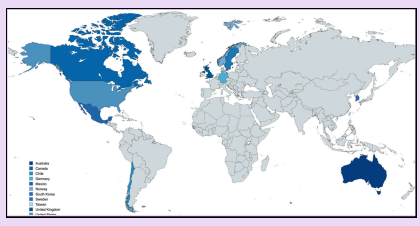
PARENTING BEHAVIORS



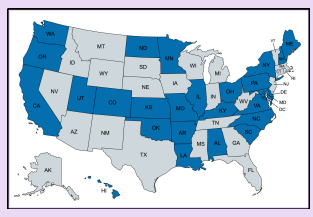
In a sample of 502 parent-child dyads who received ABC in their communities, we observed **significant increases in caregiver sensitivity and positive regard** and a **significant decrease in caregiver intrusiveness** from pre-ABC to post-ABC.

IMPLEMENTATION

ABC is currently implemented in **eleven countries**



and **26 states + D.C.**



LONG LASTING EFFECTS

ABC is only ten sessions long, but effects can be seen all the way through adolescence! Compared to children who receive a control intervention, children who receive ABC:

Control anger when frustrated

Demonstrate higher levels of vocabulary

Show more normative brain development

Shift between tasks smoothly

Report higher levels of trust in parents

Resolve impulses effectively

To learn more about ABC and the training model, please visit abcparenting.org.