



Attachment & Biobehavioral Catch-up

EARN A \$200
GIFT CARD!



EVIDENCE-BASED HOME VISITING PROGRAM

Attachment and Biobehavioral Catch-up (ABC) is a parenting program that was developed at the **University of Delaware (UD)**.

Research shows that ABC enhances the parent-child attachment relationship and promotes children's regulatory skills, brain development, and language development. **ABC is only 10 sessions but has been shown to have effects on children's development through adolescence!**

ABOUT ABC

ABC is a parenting 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 MODELS

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

ABC-Newborn: Pregnancy through infant age of 3 months

ABC-Infant: 3-24 months

ABC-Early Childhood: 2-4 years

ELIGIBILITY

Any parent, primary caregiver, or legal guardian who lives with a child (0 through 4 years of age) is eligible to receive ABC.

SUPPORTED BY RESEARCH

ABC was developed at UD and has been shown to have positive effects on parents *and* children.

ABC is currently available (free of charge) to families in DE and southeastern PA. There are financial incentives available for participating in the ABC program.

Interested in receiving ABC or learning more?

Scan the QR code or contact Lindsay Zajac at ljajac@abcparenting.org.