

***Attachment &  
Biobehavioral Catch-up***

Children, depending on the experiences they've had in their young lives, may exhibit a variety of behavioral and emotional difficulties. They may even experience changes in their physical health.

Sometimes, as a result of their experiences, they have challenges forming secure relationships and managing their behavior and responses to stress.

Depending on the experiences that they have had, it can be difficult to ensure that children are given the nurturance and attention they need to foster their development and form healthy relationships.

**SMART START  
OF NEW HANOVER COUNTY**

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***Attachment &  
Biobehavioral  
Catch-up  
(ABC)***



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

## STRENGTHENING ATTACHMENT



This program is offered to parents & caregivers with babies between the ages of 6-24 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'RE HERE TO HELP

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 1-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.