



ABC Intervention

Attachment and Biobehavioral Catch-up Intervention

What is the ABC Intervention?

The Attachment and Biobehavioral Catch-up (ABC) Intervention is an 11-week training program for foster/adoptive parents and caregivers of young children who have experienced early adversity. It is designed to support the relationship between caregivers and young children up to 24 months.

The ABC Intervention helps parents:

- Nurture their baby so he/she achieves security and independence.
- Learn how to read their baby's behaviors to help them be happy and calm.
- Provide a loving environment to help their baby learn and grow.

The 11 training sessions are provided weekly to parents in their own homes. Each session lasts approximately 60 minutes and takes place in the family's home or in a family room setting. Sessions typically are scheduled when the child is awake. Each session is videotaped for playback to families during the visit, and for supervision purposes.

The effectiveness of the ABC Intervention has been assessed through randomized clinical trials funded by the National Institute of Mental Health. It was founded by Dr. Mary Dozier, the Amy E. du Pont Chair of Child Development at the University of Delaware.

For more information, or to make a family referral for the ABC Intervention program, please contact Erica Moltz at 301-422-5101 or emoltz@adoptionstogether.org.

