

***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.

FOR MORE INFORMATION OR  
TO SCHEDULE SERVICES  
PLEASE CONTACT:

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**LAKE COUNTRY ASSOCIATES**

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SERVICES ARE PROVIDED BY A  
LICENSED MENTAL HEALTH  
PROFESSIONAL

ABC IS A MENTAL HEALTH SERVICE,  
BILLABLE TO A CHILD'S OR PARENT'S  
INSURANCE; CURRENT DIAGNOSTIC  
ASSESSMENT REQUIRED, WHICH CAN BE  
COMPLETED BY ALICIA TO  
SUPPORT PARTICIPATION IN ABC

***Attachment &  
Biobehavioral  
Catch-up: ABC***



***Training for Parents and  
Caregivers of  
Infants and Toddlers:***  
***\*To Build Trusting and Positive  
Relationships***  
***\*To Improve Regulation  
and Coping***

## STRENGTHENING ATTACHMENT



ABC is for *parents and caregivers* with a child between the ages of *6-24 months*.

ABC is designed strengthen the positive relationship you have with your child, while helping your child to develop in a healthy way.

Early life stressors and experiences may have an impact on young children. Your relationship can help protect your child from stresses in life.

ABC is designed to help you read, identify and respond to your child's signals and cues.

Weekly sessions will allow for learning, practicing, feedback, and support.

## PARENTING CAN BE A TOUGH JOB WE'RE HERE TO HELP

### Potential Benefits of ABC:

- Children learn that they can rely on their caregivers
- Children learn that they can develop trust in caregivers and in others
- Children learn that they are important and competent
- Your child will develop better self-control and regulation
- Your child will begin to build the skills that will help them to be successful in the future
- Your child will develop improved self-confidence and self- esteem
- Caregivers learn to provide nurturance, to delight in their child, and to follow their child's lead



### The program consists of:

- 10 weekly 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 digital gift of you and your child.