

# Adverse Childhood Experiences (ACES)

*Children who have experienced adversity early in life often are at higher risk to develop problems with behavior, learning, and emotional and physical health.*

*Often they have difficulty regulating their behavioral and physical response to stress.*

*Ensuring that children receive appropriate nurturance helps them learn to regulate their stress response, behavior, and development.*

*Nurturing and responsive parenting is a protective factor that buffers children from the stress experience.*



RUSSELL CHILD DEVELOPMENT CENTER

## Supported by:



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***Partnering with families to  
improve outcomes for children  
6 to 48 months of age***

English Version

**Parenting can be a tough job.**

**We're here to help!**

**Attachment and Biobehavioral Catch-up (ABC)** is offered to parents and caregivers with children between the ages of 6 and 48 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 or her from stress in life.

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

Your Parent Coach will check in weekly to see how things are going and provide support for your parenting.

**Strengthening Attachment**

## **Benefits of ABC**

Children and families who have participated in ABC services have shown:

- Fewer and less intense tantrums
- Increased self-control
- Increased self-esteem
- Improved ability to manage change
- Better child sleeping habits
- Easier soothing
- Reduction in parenting stress
- Strengthened brain development
- Less frustration from challenging activities
- Better regulation of stress hormones
- Fewer social and emotional problems
- More secure attachment

**ABC has also shown lasting improvements that continue well into elementary school.**

**Happier, Healthier Relationships**



## **This program consists of:**

- 10 1-hour sessions in your home with structured topics to assist you and your child.
- Caregivers are offered positive feedback during sessions using video clip review and commenting.
- The 10 weeks end with a celebration and special DVD gift for you and your child.