



Pivoting to Telehealth Implementation of Attachment and Biobehavioral Catch-up

May 14, 2021

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Attachment and Biobehavioral Catch-up

10 sessions

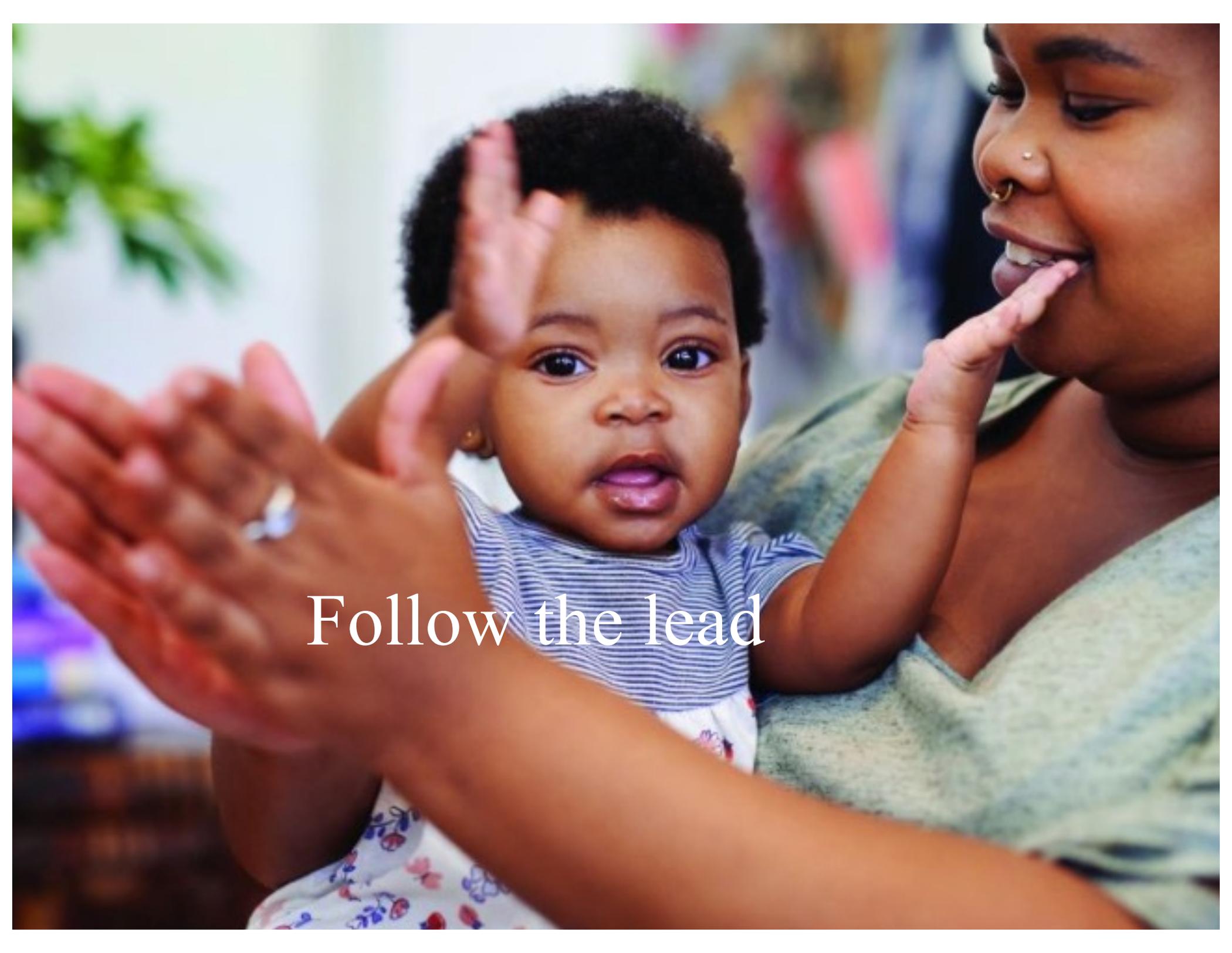
In the home

Nurture when distressed

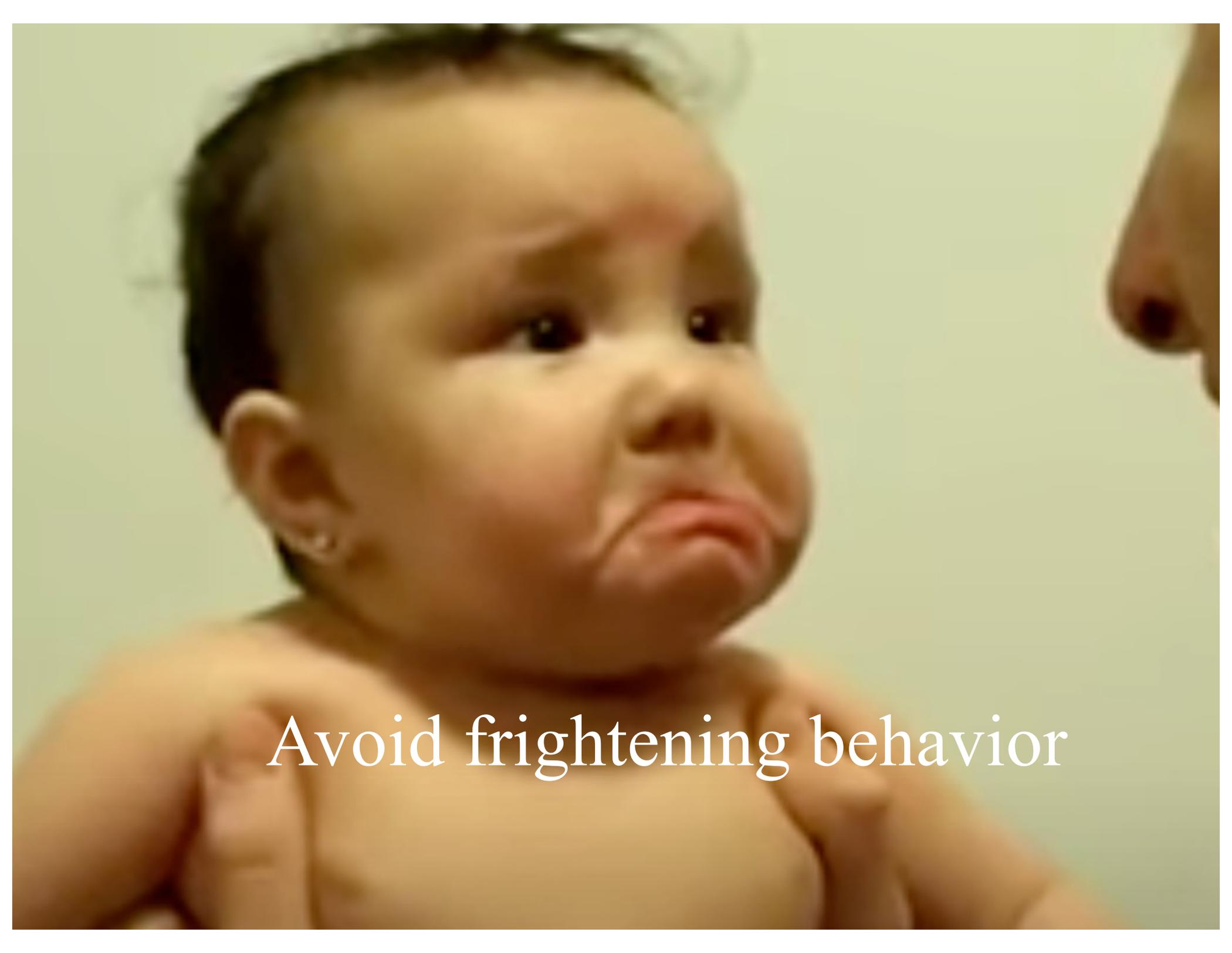




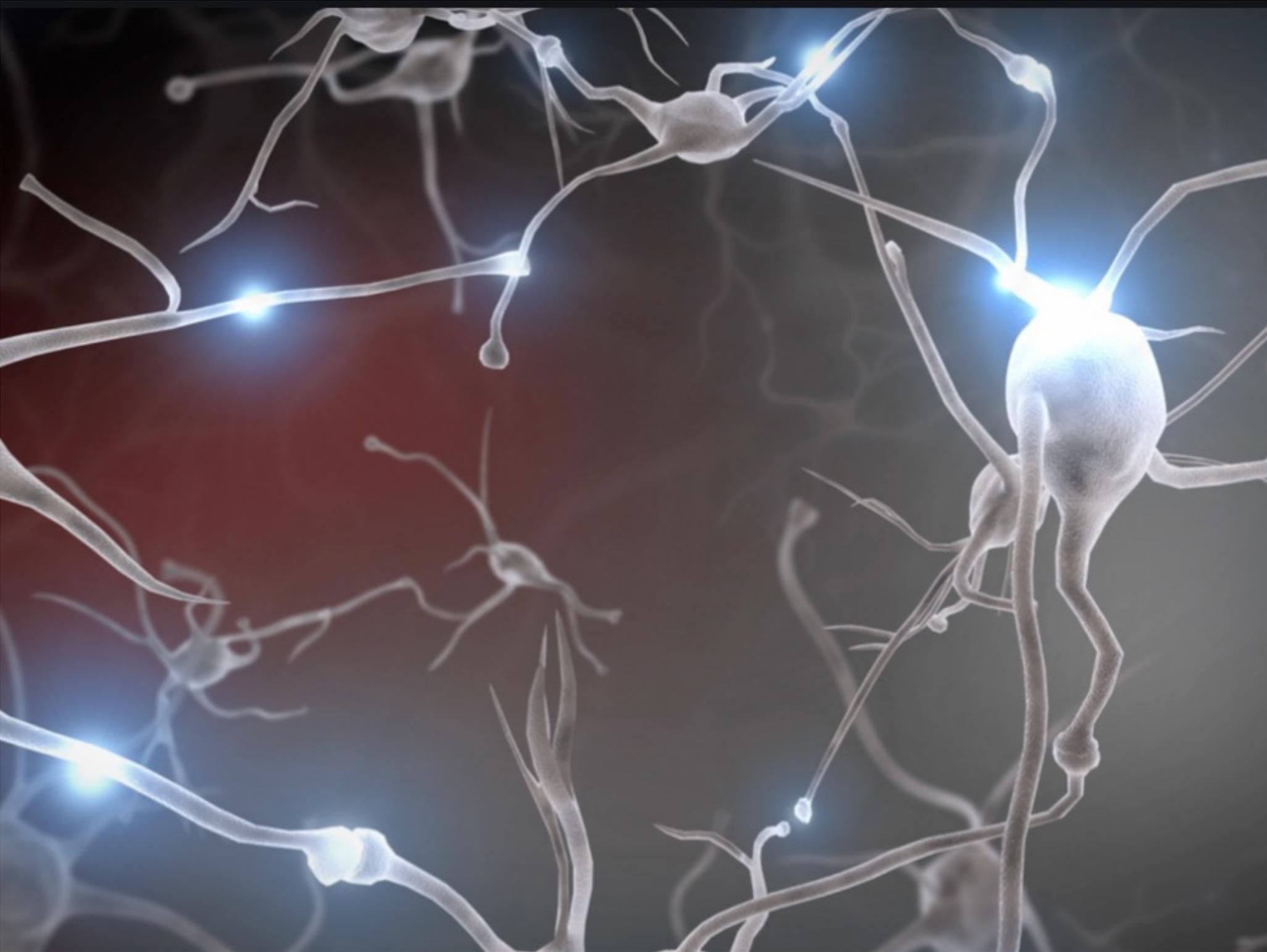
Follow the lead

A close-up photograph of a woman with dark skin and a nose ring, smiling and clapping her hands. She is holding a young child with dark skin and curly hair. The child is looking towards the camera with a curious expression. The woman's hands are in the foreground, clapping. The child is wearing a blue and white striped shirt. The woman is wearing a green top. The background is blurred, showing some greenery and other people.

Follow the lead

A close-up photograph of a baby with a sad or fearful expression, looking towards the right. The baby's mouth is downturned, and their eyes are wide. On the right side of the frame, the tip of a person's nose is visible, looking towards the baby. The background is a plain, light-colored wall.

Avoid frightening behavior

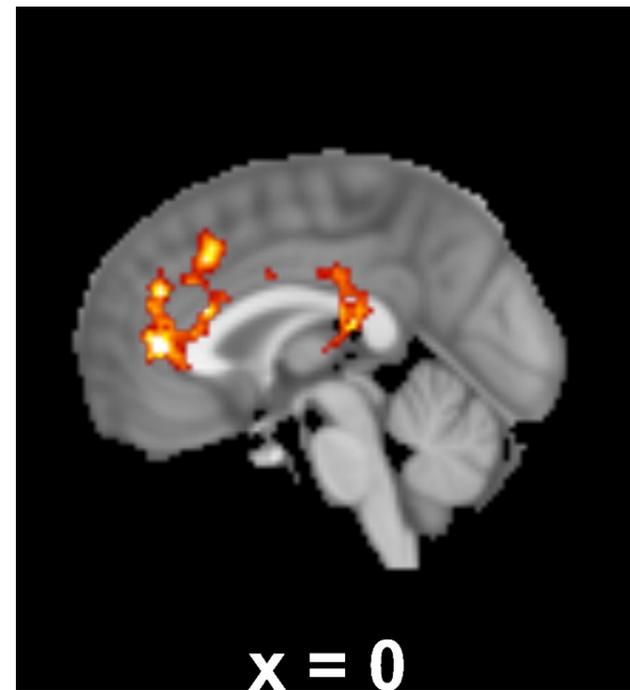
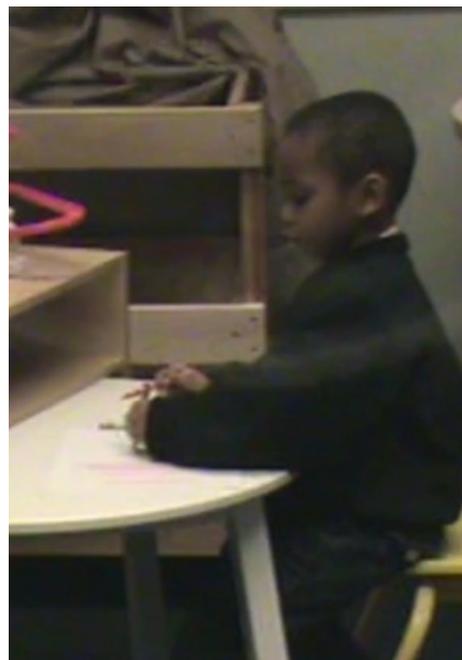
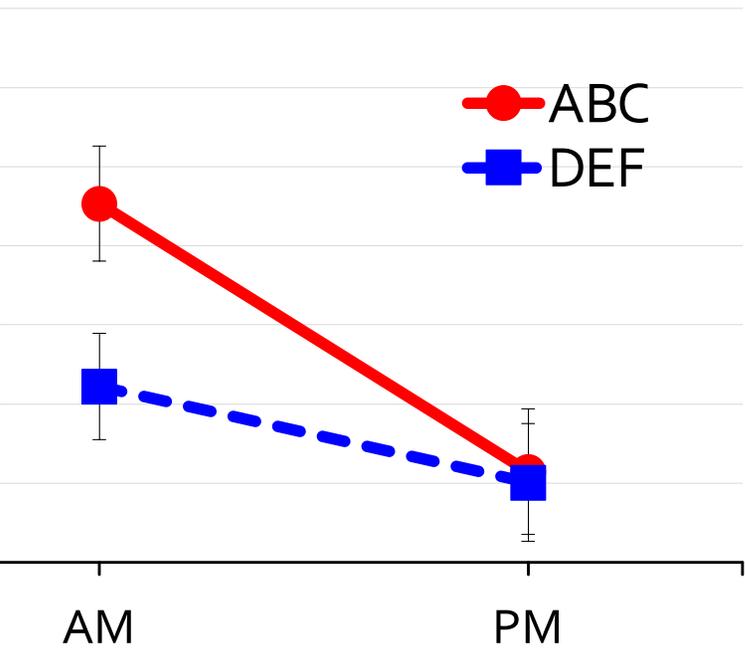
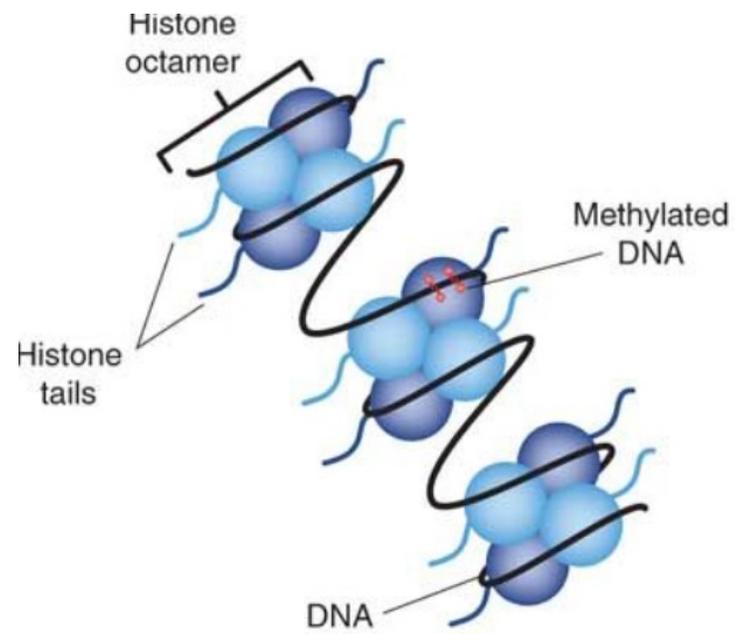






Attachment and Biobehavioral Catch-up

Enhances child behavioral and brain development



ABC effects on child outcomes

- Infancy
 - Attachment (Bernard et al., *Child Development*, 2012)
 - Cortisol production (Bernard et al., *Development and Psychopathology*, 2015)
 - DNA methylation (Hoye, Roth, et al., *Development and Psychopathology*, 2020)
- Early childhood
 - Inhibitory control (Lind et al., *Child Development*, in press)
 - Set-shifting (Lewis-Morrarty et al., *Journal of Adolescent Health*, 2012)
 - Emotion expression (Lind et al., *Child Abuse and Neglect*, 2014)
 - Cortisol production (Bernard et al., *Development and Psychopathology*, 2015)
 - Language development (Raby et al., *Developmental Science*, 2020)
- Middle childhood
 - Cortisol production (Garnett et al., *Psychoneuroendocrinology*, 2020)
 - Brain activation (Valadez et al., *American Journal of Psychiatry*, 2020)
 - Neural activity (Bick et al., *Biological Psychiatry*, 2019)
 - ANS regulation (Tabachnick et al., *Biological Psychology*, in press)
 - Security (9-years-old) (Zajac et al., *Journal of Child Psychology and Psychiatry*, 2020)



Attachment and Biobehavioral Catch-up

Make “in-the-moment” comments



- Good job nurturing him - he's crying and you're holding him, even though it's hard for him to settle down. That lets him know you're



Comments can have 1-3 components

1. Description of parent behavior

“He’s crying and you’re holding him”

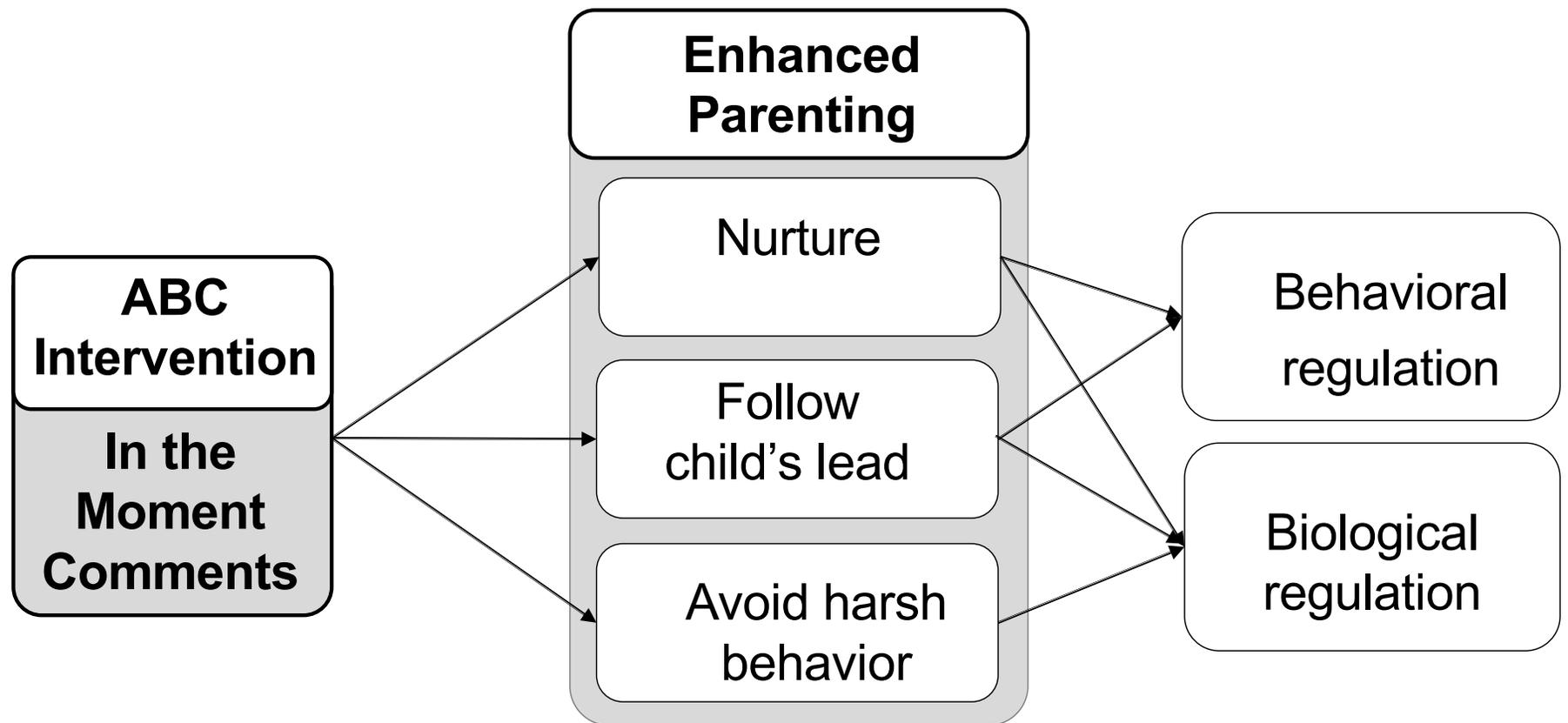
2. Link parent behavior to intervention target

“Good job nurturing him”

3. Link parent behavior to child outcome

“That lets him know you’re there for him”

ABC model of effects





Attachment and Biobehavioral Catch-up

In home program

In-the-moment comments as active ingredient







She reached for you. She made a slightly fussy sound and you picked her right up. When in doubt, nurture...

Comments can have 1-3 components

1. Description of parent behavior

“She reached for you. She made a slightly fussy sound and you picked her right up.”

2. Link parent behavior to intervention target

“When in doubt, nurture....”

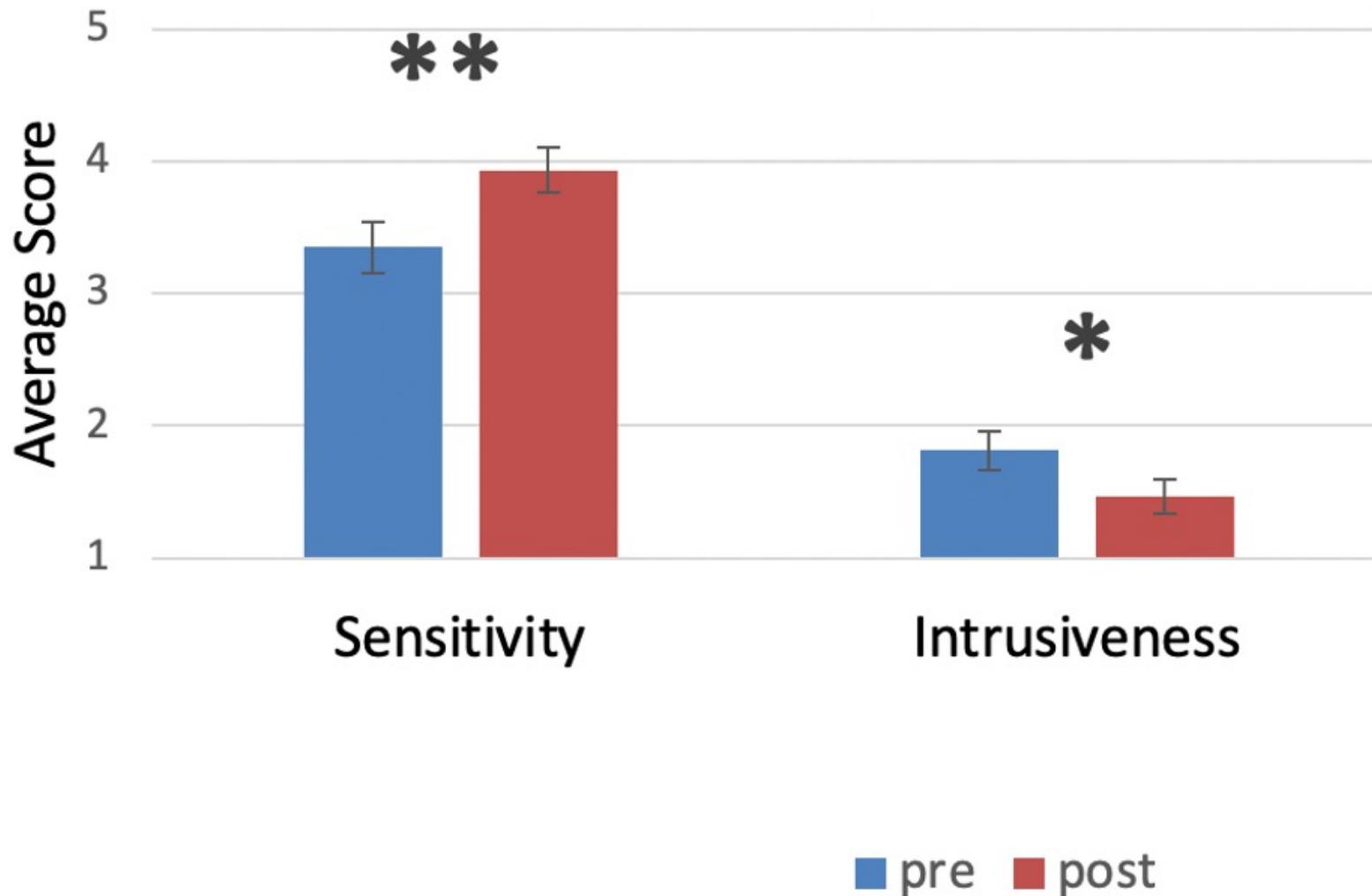
3. Link parent behavior to child outcome

In-the-moment comments (510 sessions)

| | |
|------------------------------|------|
| Comments/minute | 1.39 |
| On-target comments | 89% |
| Number of components/comment | 1.38 |

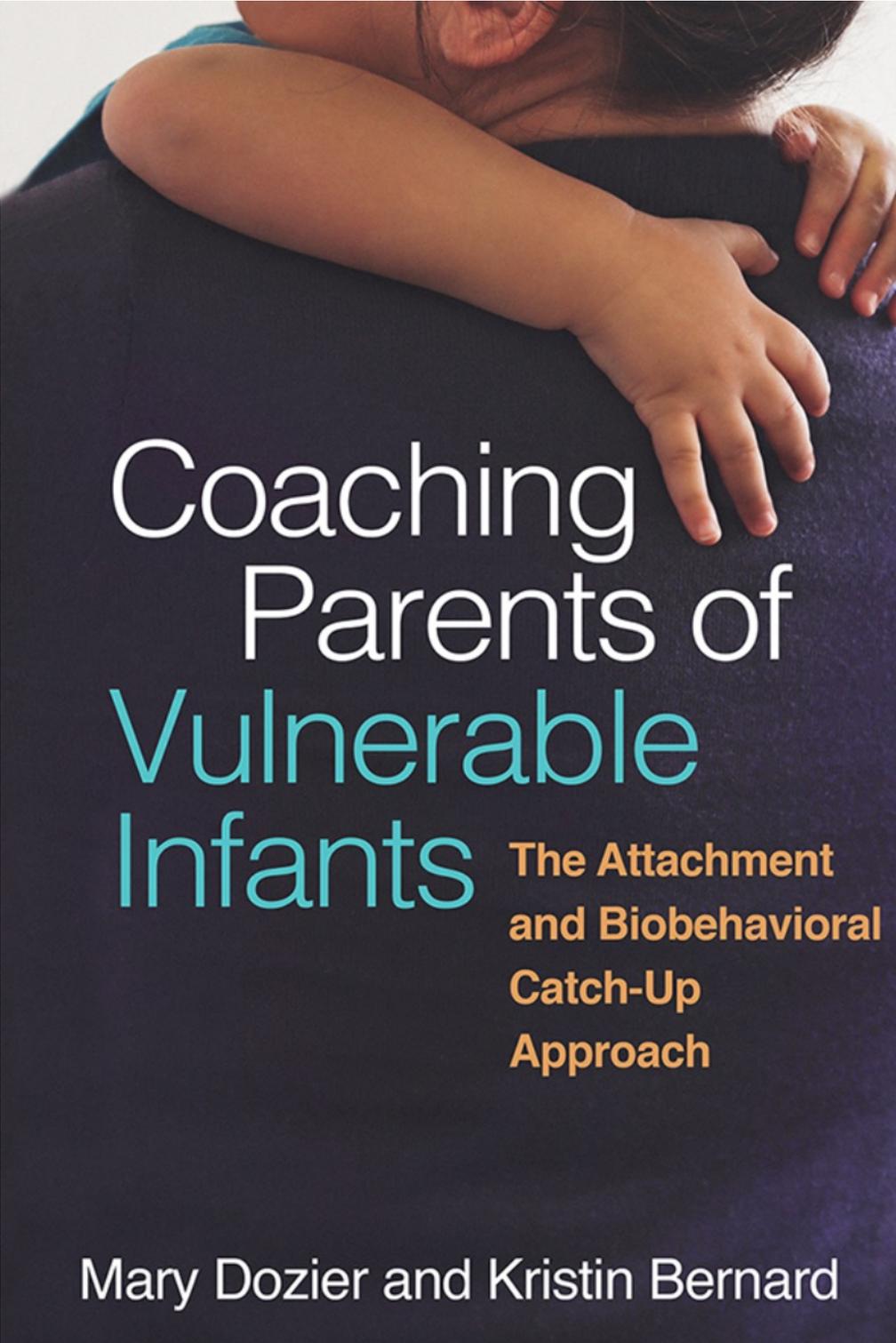
Roben et al., in press

Changes in parenting – ABC telehealth



*= $p < .05$, **= $p < .01$,





Coaching Parents of Vulnerable Infants

The Attachment
and Biobehavioral
Catch-Up
Approach

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