The program consists of:

- 10 1-hour sessions with structured topics to assist parents and their child.
- Parents are offered positive feedback during sessions using video clip review and commenting.
- The 10 weeks end with a celebration and a special DVD video montage of the parent and child’s best interactions.

Outcomes:

- Parents are more sensitive, less intrusive, and more nurturing.
- Parents can stay calm when their children are dysregulated and use calming strategies to help the children calm down.
- Children are more secure and have organized attachments with their caregivers.
- Children have better biological and behavioral regulation.

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