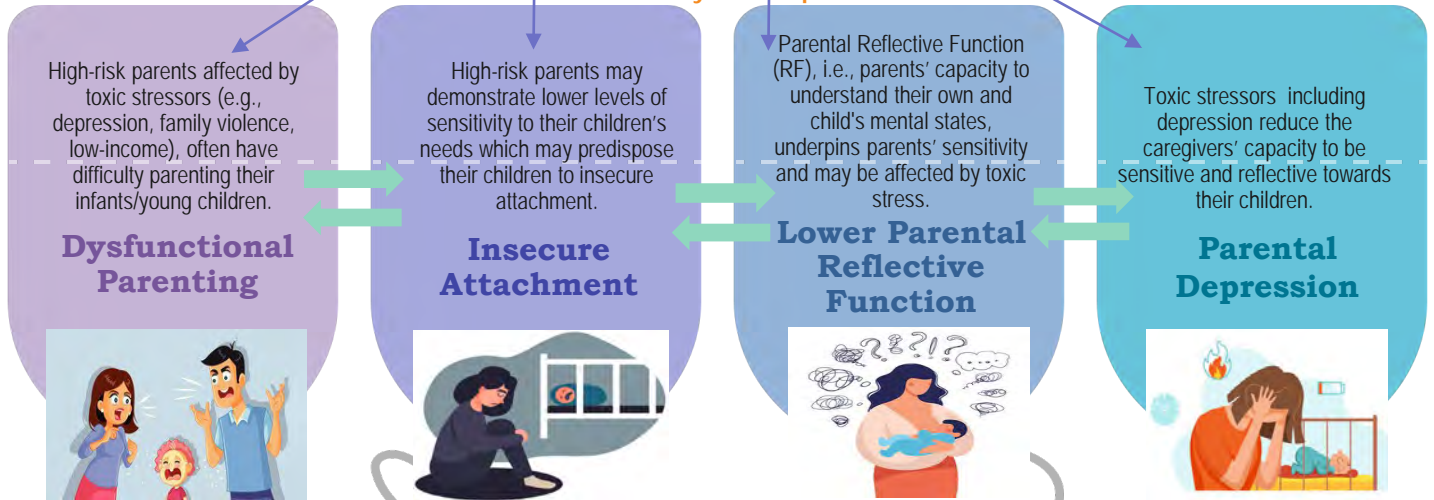




Attachment and Child Health (ATTACH™) Parenting Program: Addressing Risks in the Developmental Origins of Health and Disease (DOHaD)

Toxic Stress Derails Healthy Development in Children



ATTACH™
ATTACHMENT • CHILD HEALTH

Intervention:
ATTACH™

ATTACH™, a 10-session manualized one-on-one parental RF-based program was tested in five pilot studies including randomized control trials (RCTs) and quasi-experimental (QE) design studies.

ATTACH™ promotes healthy parenting, attachment and child health and development.

Outcome: Parent-Child Relationships

The ATTACH™ training improved parental sensitivity and responsiveness.

Outcome: Parental RF

ATTACH™ improved parental RF, i.e., insight into children's mental states including thoughts and desires.

Outcome: Child Health and Development

ATTACH™ improved children's personal social development and predicted healthier immune cell gene expression.

Implications

Results demonstrated the promise of ATTACH™ for high-risk parents and their young children.