



"Better ways to talk to my kids"

"To be consistent with managing misbehavior and giving praise for behavior we want to see more of"

"Parenting skills and realizing what we were already doing well"



## Contact Us



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## THE FAMILY SUPPORT PROGRAM

## About the Program

The Family Support Program (FSP) is a free home visiting program that works with families of children ages birth to 12 years old to meet the family's goals and needs.

A Parenting Coach & Family Therapist **visits weekly and is available by phone to answer questions**, offer ideas to help you understand your child's behavior, and to provide information on resources for your family.

The Parenting Coach & Family Therapist **respects your way of doing things**, focuses on your strengths and helps you **learn new ways to enjoy your children**.

Our Parenting Coach & Family Therapists are able to **meet with families at times that are good for parents**, including evenings.

Services are typically **10-20 weeks** with 1-hour sessions per week. Extended support is available as needed.

Services are **confidential and free** to any family in

Durham County, and are available in **both English and Spanish**.

## We offer four evidence-based models:

- Attachment and Biobehavioral Catch-up (ABC)
- SafeCare
- Positive Parenting Program (Triple P)
- Parent-Child Interaction Therapy

## Attachment & Biobehavioral Catch-up

- Provided in the home one hour per week, for 10 weeks
- For parents of children ages 6-48 months
- Focuses on building the bond between parent and child
- Offers specific ways for parents to meet their infant/toddler's emotional needs, and strategies for building brain development

## SafeCare

- A three-part program provided in the home one hour per week, for 18 weeks
- For parents of children ages birth to 5 years
- Focuses on helping caregivers develop a plan for handling illnesses and injuries
- Helps parents identify and remove items in their home hazardous to young children
- Strengthens the bond between parent and child and teaches strategies to make daily tasks with young children easier

## Parent-Child Interaction Therapy (PCIT)

- Provided in the home or in our office for one hour per week, for 12-20 weeks
- For parents of children ages 2 to 6 years
- Improves parent-child relationships
- Uses coaching to teach strategies to calmly manage difficult behavior

## Triple P

- Provided in the home or in our office for one hour per week, for 10-16 weeks
- For parents of children ages 2 to 12 years
- Improves parent-child relationships
- Uses coaching to teach strategies to calmly manage difficult behavior

Every parent  
would benefit from  
this program!

-Thankful Parent-