## **PRACTICE TOOLS**



## **Evidence-Based Interventions for Children Younger Than 5 Years**

Evidence-Based Interventions for Children Younger Than 5 Years	
Area of Need	Interventions
For disruptive behavioral	The Incredible Years
problems	Triple P – Positive Parenting Program
	Parent-Child Interaction Therapy
	"Helping the Noncompliant Child" parent training program
For first-time pregnant women before 28 weeks' gestation (low income eligibility requirement)	Nurse-Family Partnership
For children in foster care	Attachment and Biobehavioral Catch-up
	Treatment Foster Care Oregon (formerly known as Multidimensional
	Treatment Foster Care Program for Preschoolers)
	Parent-Child Interaction Therapy <sup>a</sup>
For parent-child relationship disturbances and high-risk parenting situations	Promoting First Relationships
	Parents as Teachers
	Circle of Security
	Child-Parent Psychotherapy
English Helman and Add (	
For children exposed to trauma,	Child-Parent Psychotherapy
including sexual abuse or domestic violence	Trauma-focused Cognitive behavioral therapy <sup>b-d</sup>

<sup>&</sup>lt;sup>a</sup> Chaffin M, Funderburk B, Bard D, Valle LA, Gurwitch R. A combined motivation and Parent-Child Interaction Therapy package reduces child welfare recidivism in a randomized dismantling field trial. J Consult Clin Psychol. 2011;79(1):84–95

Excerpted from Gleason MM. Emotional or behavioral disturbance in children younger than 5 years. In: Foy JM, ed. Mental Health Care of Children and Adolescents: A Guide for Primary Care Clinicians. American Academy of Pediatrics; 2018:527-528

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<sup>&</sup>lt;sup>b</sup> Cohen JA, Mannarino AP. Factors that mediate treatment outcome of sexually abused preschool children: six- and 12-month follow-up. J Am Acad Child Adolesc Psychiatry. 1998;37(1):44-51

<sup>&</sup>lt;sup>c</sup> Cohen JA, Mannarino AP. A treatment study for sexually abused preschool children: outcome during a one-year follow-up. JAm Acad Child Adolesc Psychiatry. 1997;36(9):1228-1235

<sup>&</sup>lt;sup>d</sup> Scheeringa MS, Weems CF, Cohen JA, Amaya-Jackson L, Guthrie D. Trauma-focused cognitive-behavioral therapy for posttraumatic stress disorder in three-through six year-old children: a randomized clinical trial. J Child Psychol Psychiatry. 2011;52(8):853–860