



# Evidence-Based Interventions for Children Younger Than 5 Years

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Area of Need	Interventions
For disruptive behavioral problems	<ul style="list-style-type: none"> <li>• The Incredible Years</li> <li>• Triple P – Positive Parenting Program</li> <li>• Parent-Child Interaction Therapy</li> <li>• “Helping the Noncompliant Child” parent training program</li> </ul>
For first-time pregnant women before 28 weeks’ gestation (low income eligibility requirement)	<ul style="list-style-type: none"> <li>• Nurse-Family Partnership</li> </ul>
For children in foster care	<ul style="list-style-type: none"> <li>• Attachment and Biobehavioral Catch-up</li> <li>• Treatment Foster Care Oregon (formerly known as Multidimensional Treatment Foster Care Program for Preschoolers)</li> <li>• Parent-Child Interaction Therapy<sup>a</sup></li> </ul>
For parent-child relationship disturbances and high-risk parenting situations	<ul style="list-style-type: none"> <li>• Promoting First Relationships</li> <li>• Parents as Teachers</li> <li>• Circle of Security</li> <li>• Child-Parent Psychotherapy</li> </ul>
For children exposed to trauma, including sexual abuse or domestic violence	<ul style="list-style-type: none"> <li>• Child-Parent Psychotherapy</li> <li>• Trauma-focused Cognitive behavioral therapy<sup>b-d</sup></li> </ul>

<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

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

<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

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