

What is **Promoting First Relationships (PFR)**?

An evidence-based program that supports parents to experience joy and confidence in their relationships with their young children, ages birth to 5 years.



W UNIVERSITY of WASHINGTON

What happens during home visits? Your provider will...

- Record you and your child to provide insight into real-life situations.
- Give positive feedback that builds your enjoyment, confidence, and connection with your child.
- Help you examine the deeper emotional feelings and needs underlying your own and your child's distress and behaviors.
- Use handouts to share and discuss information about your child's social and emotional health.



Common things **PFR** can help families with:

- Building a healthy and secure relationship with your child.
- Understanding your child's difficult behaviors, and looking at the feelings and needs behind these behaviors.
- Understanding how to support your child's social and emotional health.
- Discussing strategies for coping with difficult times as a parent.
- Understanding ways you can help your child through emotionally difficult experiences.

Program offered: 10 to 12 week in-home program for parents and their young children, ages birth to 5 years.