

Promoting First Relationships (PFR)

Common things PFR can help parents with:

- Building a lasting, healthy, positive attachment relationship with your infant or toddler.
- Understanding your child's difficult behaviors, and looking at the feelings and needs behind these behaviors.
- Understanding how to support your infant or toddler's social and emotional health.
- Discussing strategies for coping with difficult times as a parent .

Program offered:

- 10 to 14 week in-home program for parents and their young children, ages birth to 3 years.

What is PFR:

PFR supports parents to experience joy and confidence in their relationships with their infants and toddlers.

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

- Videotape 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.