



Promoting First Relationships (PFR)



About the Service

PFR is an evidence-based program for parents and children that promotes safe and healthy parenting by helping parents understand their children's needs for safety, security, love, and acceptance. It supports parents to experience joy and confidence in their relationships with their children and is delivered in 10 to 14 sessions.



Who does this service benefit?

PFR is for parents and children aged birth to five who could benefit from learning about children's social and emotional development as well as safe and supportive coping mechanisms during challenging situations.

Service Highlights

- Helps build trust and security between parent and child.
- Helps parents see the world through their child's viewpoint.
- Helps parents understand the social and emotional needs of their young child and ways to meet these needs.
- Parents learn how challenging behaviors can be managed by meeting their child's needs.
- Strengths-based video feedback empowers parents to read their children's cues and see how they are meeting their children's needs.
- Concrete information about secure attachment, social and emotional development, and tools parents can use to increase positive interactions.
- Helps parents understand how past experiences, current stressors, mental health and/or addiction impact their parenting and develop strategies for coping and regulating emotions.
- If there has been a separation, helps parents understand how this affects their child's sense of safety and what they can do to help.



ASSISTANCE:

Up to \$500 may be available to assist children and families with concrete goods when those goods support child safety, reduce risk of abuse or neglect, stabilize placement, or facilitate safe reunification.

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