Promoting First Relationships® (PFR)
- PFR is a relationship based program that uses attachment theory
- PFR focuses on the quality of the dyadic caregiver-child interaction
- PFR is strengths based
- PFR is a 10-week program that utilizes video feedback and parent handouts
- PFR is designed for any caregiver of a child birth to five including childcare professionals

Logic Model

Theory & Design  Process & Training  Outcomes

Increase caregivers’ confidence and competence
PFR is strengths based, we train providers how to do strengths based work via the consultative stance

Increase caregivers’ observation skills
PFR uses video feedback and lessons on baby’s non-verbal language to improve caregivers’ ability to ‘read’ their baby’s communication

Increase caregivers’ reflective functioning
PFR trains providers to use reflection to help the caregiver enter the ‘mind’ of the child to better understand their needs

Increase caregivers’ understanding that child’s behavior represents unmet social and emotional needs
PFR providers use tools (handouts & video) to help caregivers make this connection

Outcomes
- IMPROVED DYADIC INTERACTION between caregiver and child.
- IMPROVED CAREGIVER UNDERSTANDING of social and emotional needs of young children.
- REDUCED PLACEMENT into foster care (2.5 times).
- INCREASED STABILITY in foster care.
- REDUCTION IN child externalizing behavior
- IMPROVED CHILD STRESS physiology
- INCREASED CHILD COMPETENCE
- Works BETTER FOR HIGHER NEED CAREGIVERS (those who were physically abused as children; reunified birth parents; or those with mental health issues).

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