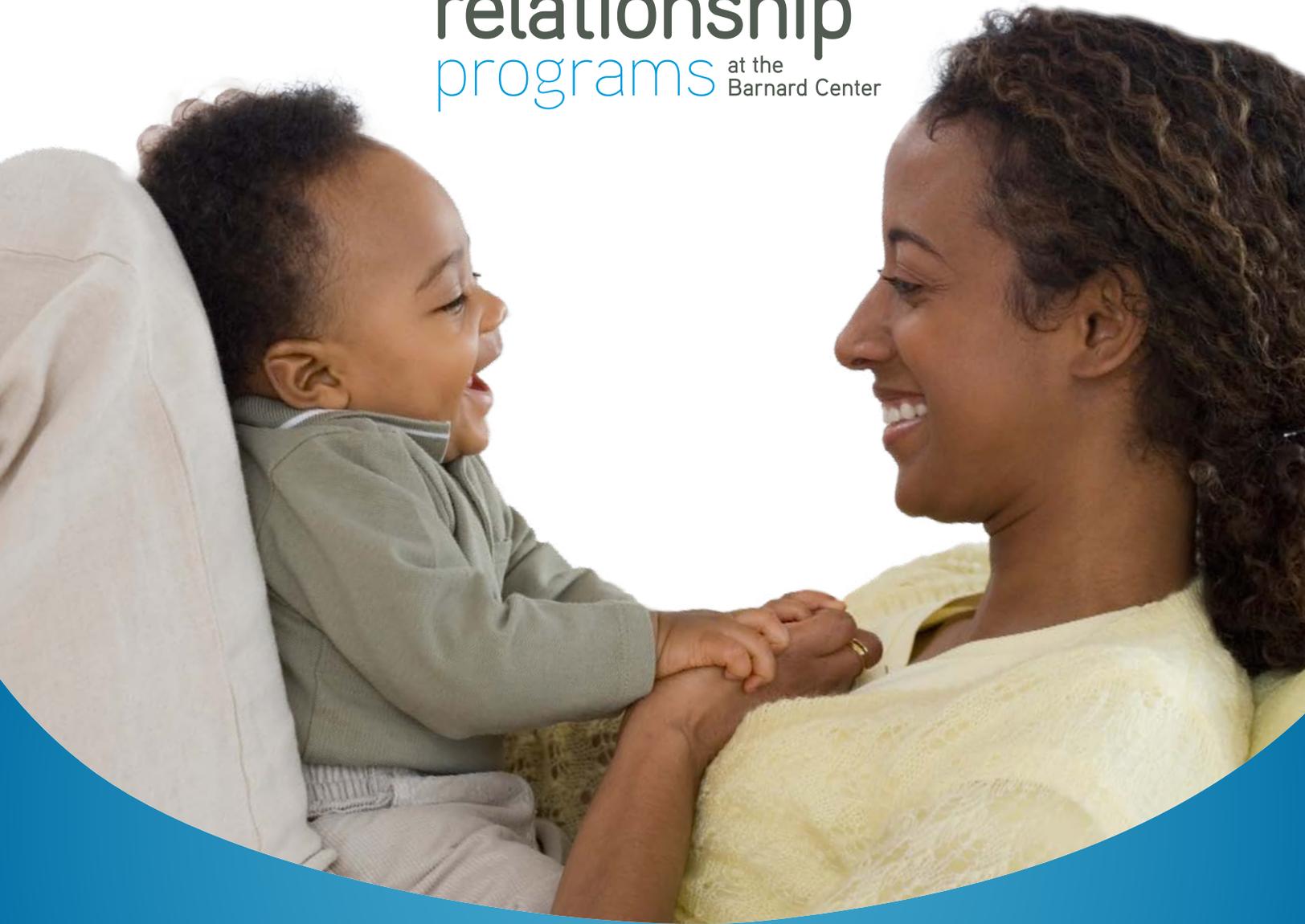


parent-child
relationship
programs at the
Barnard Center



- Professional Development • Parent-Child Assessments
- Prenatal-to-Five Programs • Tools

Research and evidence-based programs
to promote nurturing environments
for infants and young children.



pcrprograms.org

PROGRAMS

Promoting First Relationships®

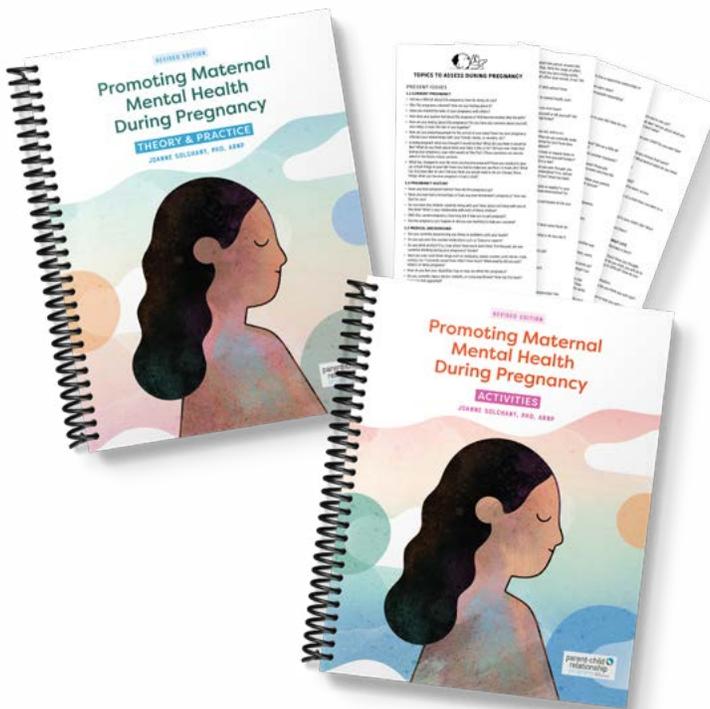
This evidence-based program educates service providers to help parents and other caregivers meet the social and emotional needs of young children by building nurturing and responsive relationships. Providers say this program transforms their practice.



- ▶ EVIDENCE-BASED
- ▶ TRAINING AVAILABLE
- ▶ COMPREHENSIVE MANUAL AND PARENT HANDOUTS
- ▶ POSTERS, SOCIAL AND EMOTIONAL CARDS

Promoting Maternal Mental Health During Pregnancy

This program is dedicated to teaching service providers how to guide a woman through the emotional and psychological tasks of pregnancy, helping her prepare for mothering. Activities allow for individualized and creative approaches that capture your client's interest.



- ▶ TRAINING AVAILABLE
- ▶ COMPREHENSIVE MANUAL AND PARENT HANDOUTS
- ▶ ACTIVITIES AVAILABLE IN SPANISH

PROGRAMS

Understanding Infants: Keys to Infant Caregiving

This informative, award-winning video series will help you understand the tremendous abilities and behaviors of infants. The Parent Handouts reinforce new knowledge gained about infants, how to settle a baby, and how to interpret their non-verbal cues.

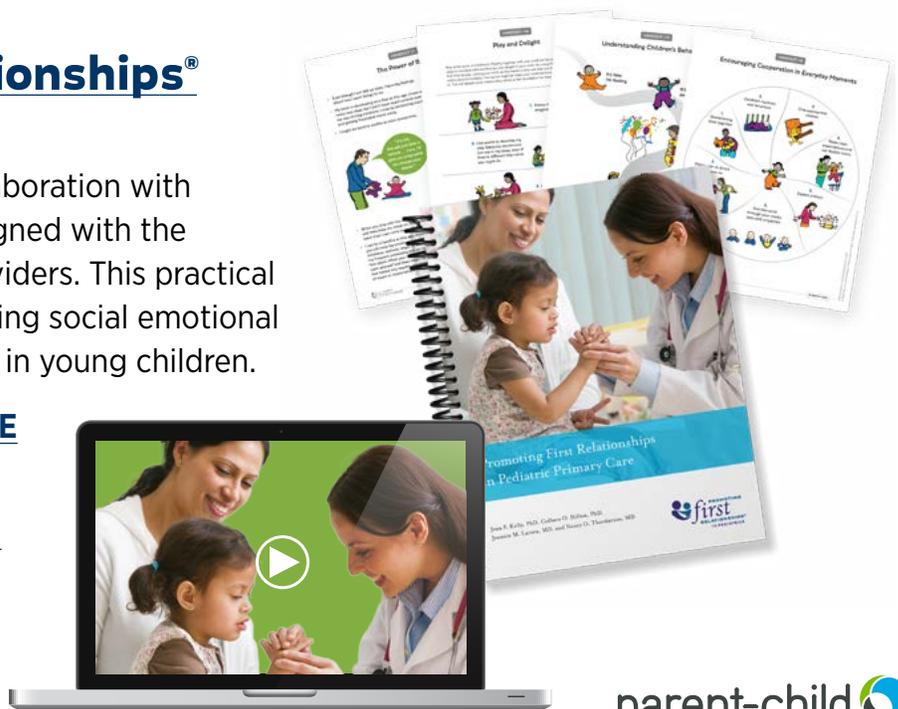
- ▶ **PARENT HANDOUTS AVAILABLE IN SPANISH**
- ▶ **E-LEARNING COURSE COMES WITH STUDY GUIDE**
- ▶ **TRAINING AVAILABLE**



Promoting First Relationships® in Pediatrics

This program was developed in collaboration with pediatricians and is specifically designed with the practice needs of pediatric care providers. This practical guide addresses gaps in understanding social emotional development and difficult behaviors in young children.

- ▶ **E-LEARNING COURSE AVAILABLE**
- ▶ **TRAINING AVAILABLE**
- ▶ **PARENT HANDOUTS, PROVIDER TIP SHEETS, AND CONNECTING STRATEGY SHEETS FOR WELL-CHILD VISITS**



parent-child
relationship
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ASSESSMENTS

Parent-Child Interaction

The Parent-Child Interaction (PCI) Feeding and Teaching scales are measures of parent-child interaction used internationally in both clinical and research settings. This powerful assessment demonstrates the importance of understanding and supporting positive parent-child interaction. Through the critical observation of feeding and teaching episodes, you will come to view the interaction between parents and young children with a new lens.

▶ **TRAINING AVAILABLE & REQUIRED**

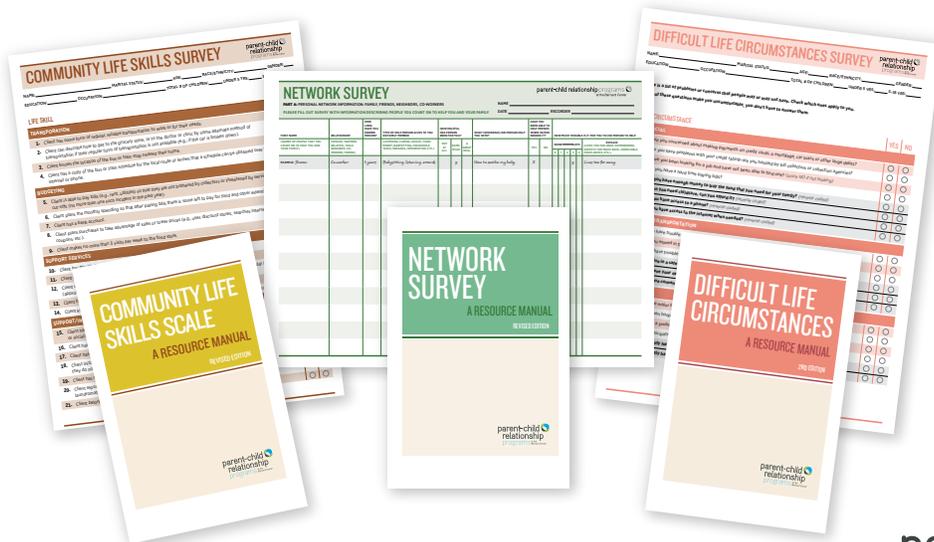
▶ **SELF-STUDY TRAINING AVAILABLE**



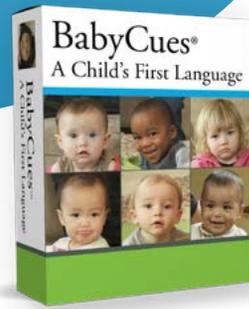
Personal Environment Assessments

These tools help you systematically evaluate a family's environment—identifying potential challenges they face, the supports available to them, and how they are using community resources.

▶ **SURVEY PADS AVAILABLE IN SPANISH**



TOOLS



BabyCues® A Child's First Language

This innovative intervention tool (video, cards, and handout) helps parents, home visitors and other caregivers be more tuned in to their infant and young child's feelings and needs by learning to understand and respond to their behavioral cues.

- ▶ **AVAILABLE IN SPANISH**
- ▶ **VIDEO AVAILABLE TO STREAM**

New Food! BabyCues® Board Book

Our first board book illustrates the many BabyCues that can come up when introducing new food to a pre-verbal child. This book shows different red, yellow, and green BabyCues when a parent introduces a seaweed snack to their child. The book is intended as both an introduction to BabyCues for a parent/caregiver and a fun read for a young child.

- ▶ **8"×8", 32 PAGES**



Social and Emotional Cards

Shows examples of how caregivers can meet the ten basic social-emotional needs of infants and toddlers in everyday interactions.

- ▶ **AVAILABLE IN SPANISH**



TOOLS

Sleep/Activity Program

These materials provide information and strategies for service providers and caregivers to understand the importance of developing regulatory behaviors and how their specific caregiving actions affect their baby's self-regulation. The parent handouts share critical information about healthy sleep habits, typical states of babies' arousal, and suggested routines for infants and young children.

► PARENT HANDOUTS AVAILABLE IN SPANISH



Promoting First Relationships® Posters

- Staying Connected During Difficult Moments
- Social and Emotional Needs of Young Children
- Playtime with Your Child

► AVAILABLE IN 18" x 24" AND 24" x 36"



PROFESSIONAL DEVELOPMENT

Live Learning: on Zoom or In Person

► ***Meet Infant and Early Childhood Mental Health (IECMH) core competencies!***

Promoting First Relationships® (PFR) Workshop

Workshops offer unique consultation and strategies that professionals can integrate into their work whether in the high risk, special needs, child care, or other early childhood fields.

Promoting Maternal Mental Health During Pregnancy (PMMH) Workshop

This training gives professionals the knowledge and tools to assist the pregnant woman in moving beyond the physical dimensions of pregnancy by addressing the emotional and psychological tasks and challenges of becoming a mother.

Understanding Infants, Keys to Infant Caregiving Workshop

Learn about the tremendous abilities and behaviors of infants.

Promoting First Relationships® (PFR) in Pediatrics Workshop

Pediatric providers learn about the importance of early attachment and how to promote stable and secure early parent-child relationships during everyday office visits.

Parent-Child Interaction (PCI) Instructor Workshop

This workshop is for professionals who wish to train others in their community in the use of the Feeding and Teaching scales.

Self-Study Learning

Parent-Child Interaction (PCI) Self-Study in the Teaching and/or Feeding Scales

Learn to be a careful observer and understand the nonverbal communication between the child and parent.

Understanding Infants: Keys to Infant Caregiving Self-Study

Learn about the tremendous abilities and behaviors of infants.

Compassion and Care Video

Learn how to support women with substance use disorders and their newborns.

CONTACT



pcrprograms.org

For information about bringing these training programs to your agency, either virtually or in person, contact pcrp@uw.edu

For more detailed information, to order materials, and to receive a list of the IMH Core Competency Guidelines addressed in training, please visit:

**pcrprograms.org | pcrp@uw.edu
206-543-8528**

Call us! We answer the phone!

