



PFR (Promoting First Relationships)

- This evidence based program is provided in the family's home or office based for families with children 0-3. PFR addresses:
concerns about quality of parent-child relationship, a child is being reunified after being out the parent's care for a period of time, parent needs information about infant and toddler social and emotional development, parent needs help developing and expressing empathy towards their young child. Session are approximately 60 minutes each week, 10-14 weekly sessions.

Expected Outcomes:

- parent has increased understanding of infant and toddler social and emotional health and development
- parent has increased capacity to reflect on their own feelings and their child's feeling in order to provide empathetic, compassionate care for their child
- increased positive relationship between the parent and the child