



#### What is Promoting First Relationships?

*PFR: Kelly, Zuckerman, Sandoval, & Buehlman, 2003*

- PFR is an evidence-based curriculum for service providers to help parents and other caregivers meet the social and emotional needs of young children.
- PFR uses a video feedback approach that is grounded in attachment theory and reflective practice principles.
- PFR gives professionals who work with families with young children (0-3) the knowledge, tools, and consultation strategies to help guide and support caregivers in gaining confidence and knowledge, increase parental sensitivity, and improve child outcomes.

#### Research Summary on the Randomized Clinical Trial (RCT) Studies:

- Two RCT's have been conducted with PFR in child welfare populations: Fostering Families Project (FFP [1]: N = 210) and Supporting Parents Program (SPP [2]: N = 247).
  - PFR significantly improved observed parental sensitivity, see Figure 1 [1,2], parent knowledge of child social and emotional needs [1,2], improved child behavior, [1,2,3,4,5], improved child welfare outcomes, see Figure 2 [2,6], and stress physiology [7,8].
- Five other RCT's are current in field with diverse populations including American Indians and Spanish speaking Latina mothers.

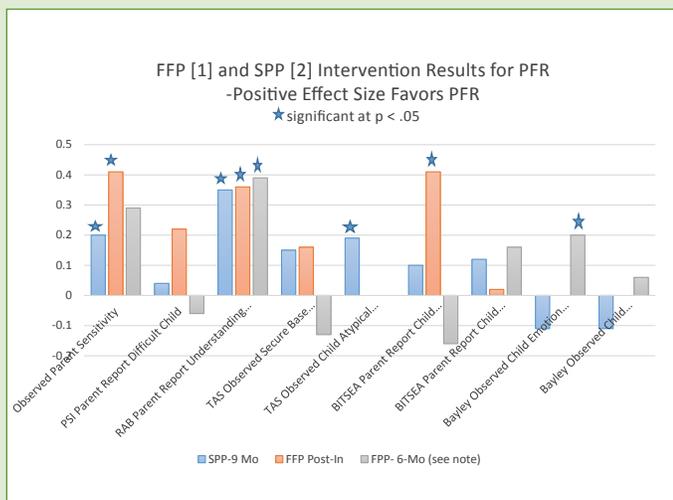


Figure 1



Figure 2

## Who should use

### *Promoting First Relationships?*

Infant Mental Health Specialists, Public Health Nurses, Early Intervention Providers, Family Service Workers, Childcare Providers, Early Childhood Education Teachers, Child Welfare Workers, and other allied professionals.

## Program Authors:

Kelly, J., Zuckerman, T., Sandoval, D., & Buehlman, K. (2003; 2008). *Promoting First Relationships: A program for service providers to help parents and other caregivers nurture young children's social and emotional development*. Seattle, Washington: NCAST Programs. (available at [NCAST.org](http://NCAST.org))

*"PFR helped me to be more patient, because I felt like she was a real whiny, tantrum kind of girl, but she just wanted my attention — that's what I realized — that's what she needed and wanted from me — that's why she was so whiny."*

*"The material made more sense and it came alive for me with the videos. Being able to see how I was actually doing the things talked about in the handouts and seeing how my son reacted to me really helped me."*

*"I had read some parenting books in the past, but after several sessions with PFR I have learned so much in a short time on how to understand my child."*

*"I think this program helped build my relationship with my child for the better. It has helped me understand him more as a child."*



**Training:** Visit [NCAST.org](http://NCAST.org) for training opportunities.

### RESEARCH RESULTS:

1. Spieker, S.J., et al. (2012). Promoting First Relationships: Randomized trial of a relationship-based intervention for toddlers in child welfare. *Child Maltreatment*, 17(4) 271-286.
2. Oxford, M.L., Spieker, S.J. Lohr, M.J. & Fleming, C.B. (in press). *Promoting First Relationships®: Randomized Trial of a 10-week Home Visiting Program with Families Referred to Child Protective Services*. *Child Maltreatment*
3. Oxford, M.L., Fleming, C.B., Nelson, E.M., Kelly, J.F., & Spieker, S. J. (2013). Randomized trial of *Promoting First Relationships®*: Effects on maltreated toddlers' separation distress and sleep regulation after reunification. *Children and Youth Services Review*, 35(12), 1988-1992.
4. Oxford, M.L., et al. (2016). Promoting birth parents' relationships with their toddlers upon reunification: Results from Promoting First Relationships® home visiting program. *Children and Youth Services Review*, 61, 109-116.
5. Pasalich, D.S., Fleming, C.B., Oxford, M.L., Zheng, Y., & Spieker, S.J. (2016). Can parenting intervention prevent cascading effects from placement instability to insecure attachment to externalizing problems in maltreated toddlers? *Child Maltreatment*, 21(1), 175-185.5.
6. Spieker, S.J., Oxford, M.L. and Fleming, C.B. (2014). Permanency outcomes for toddlers in child welfare two years after a randomized trial of a parenting intervention. *Children and Youth Services Review*, 44, 201-206.
7. Nelson, E.M. and Spieker, S.J. (2013). Intervention effects on morning and stimulated cortisol responses among toddlers in foster care. *Infant Mental Health Journal*, 34(3), 211-221.
8. Hastings, P. Kahle, S. Oxford, M. (2016). Toddlers in Child Protective Services: Positive post-intervention effects on Respiratory Sinus Arrhythmia as an indicator of emotional responding. University of Washington: Seattle, WA.