



WHAT IS PFR?

PFR is an evidence-based home visiting program for parents and young children, birth to five.

We use a reflective parenting strategy that supports parents in their unique relationship with their child.

PFR is NOT a traditional parenting program. We are a “transformative relationship program.”

We are a
Transformative Relationship
Program!

HOW DOES PFR WORK?

We use video observations and provide positive feedback.

We help parents see how they can support their child’s emotional health using engaging handouts and activities.

We create non-judgmental space to explore and reflect with parents and support them in finding their own insights and wisdom.

HOW IS PFR DIFFERENT?

Nobody likes being told what they *should* be doing. Kids...OR parents.

BUT...

Everyone responds positively to respect, acknowledgement, and understanding.

Kids...AND Parents.

WHICH WOULD YOU PREFER WHEN HAVING PARENTING CHALLENGES?

1. Judgement, criticism, and being told what to do?

OR...

2. Curiosity, reflection, and collaboration to find your own solutions?

IS THE PFR APPROACH ALWAYS THE SAME?

No. Because every person is unique. And, every relationship is unique.

Our approach is customized and personalized for each unique relationship. At the same time, our approach is based on relational science and developmental psychology.

There are many tools, strategies, and kinds of support we can offer, depending on the specific needs of the relationship.

Every relationship
is unique.

HOW DOES PFR HELP WITH CHALLENGING BEHAVIOR?

Every child's behavior has meaning. And that behavior tells us what they need.

We explore with parents the meaning behind their child's behavior.

Once parents understand what that behavior is telling them, and they meet their child's social and emotional needs, the challenging behavior diminishes. And the parent-child relationship grows stronger.



Every child's
behavior has
meaning.

When we open up these pathways of communication between parents and their young children, they stay open.

Instead of just solving the immediate problem, we help parents develop a deeper understanding of their child's emotional needs, which will serve them when other challenging situations arise.

Every relationship has challenges, but when the parent-child relationship is strong, it recovers more easily.

HOW DO PARENTS RESPOND TO PFR?

"The PFR program was great. It connected me to my daughter in more ways than I thought I could be connected to her. I feel like I understand her more."

"I'm catching more of what my child wants. I'm also experiencing more times when things are really good between the two of us, those golden moments."

"I went from thinking my child needs to behave, to 'we need to work on creating a more secure connection.'"

"PFR helped me understand my son's cues and needs. I get it now! I get him! It helped me to step back, take a breath, evaluate the situation and understand the situation. Why is he acting this way? Is he scared? Is he stressed? Does he need me?"



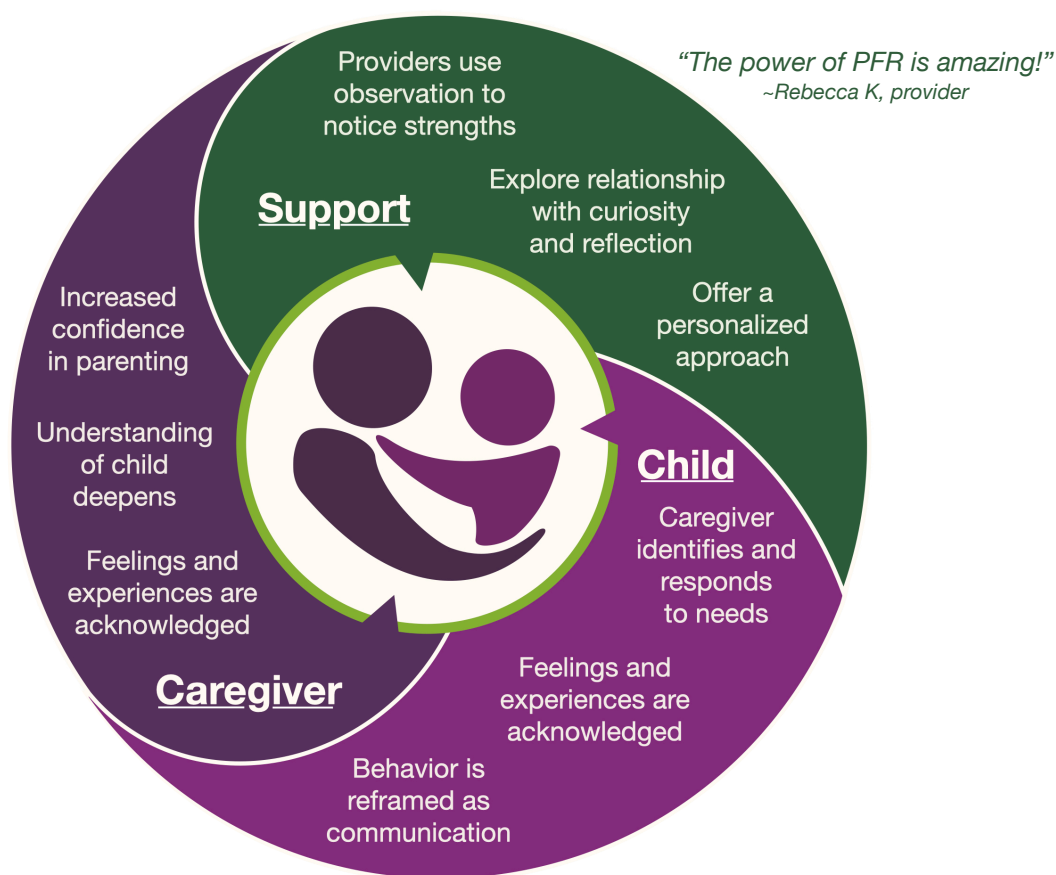
I didn't know my
child was communicating
with me!

PFR IS A WAY FOR PARENTS TO GAIN PERSPECTIVE AND CONFIDENCE

We're all human. These are human struggles.

Parenting challenges don't mean that something is wrong with the parent OR with the child.

The way to overcome these challenges is to learn about our interactions with our children and discover how parents and children can grow together.



*"My PFR provider has forever changed
my life and how I parent."*
~Laurie J

*"I think my confidence in parenting
has gone up 100%."*
~Carmen R

Contact us!

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