What is Promoting First Relationships?

• 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 (0–5) 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 of the Randomized Clinical Trial (RCT) Studies

1. Four Randomized Clinical Trials (RCT) have been completed with PFR: two in child welfare populations, Fostering Families Project (FFP [1]: N = 210) and Supporting Parents Program (SPP [2]: N = 247); one within an American Indian tribe, Beginning Relationships, (N = 34) [3]; and one with a perinatal population with Spanish and English-speaking mothers who have a mental health diagnosis, Mom and Baby Program (N = 254) [4].

2. PFR significantly improved:
   • Observed parental sensitivity [1, 2, 3, 4], Effect size Cohen's d = .21–1.21
   • Parent knowledge of child social and emotional needs [1, 2, 3, 4], Cohen's d = .20–.58
   • Child behavior [1, 2, 4, 5] and sleep [6, 7], Cohen's d = .19–1.18
   • Prevented foster care placement by 2.5 times, see Figure 1 [2]
   • Improved permanency for children in foster care [8],

Two RCT's currently in the field, one within an American Indian Tribe in a rural setting, and the other with reunified birth parents in child welfare.
Who should use Promoting First Relationships?
Infant Mental Health Specialists, Public Health Nurses, Early Intervention Providers, Mental Health Therapists, Childcare Providers, Early Childhood Education Teachers, Child Welfare Workers, Pediatricians, Doulas, and other allied professionals.

Training
PFR offers three levels of training: a 2-day foundational workshop; a Certified Provider level; and an Agency Trainer model. We will work with your organization to help you find the right level of support for your needs. Visit pcrprograms.org for training opportunities.

What do Providers Say?
“I gained a whole new outlook on how to approach talking to families about social emotional development.”

“Learning PFR has given me so much more insight into my own practice, and even with my own children. What I didn’t prepare for was the profound effect that it has had on me as a human being, the internal insight and the compassion that it has ignited has been empowering.”

What do Parents Say?
“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.”


NOTE: These publications and others are available upon request.

Program Authors