



PROMOTING *first* RELATIONSHIPS® Logic Model

Promoting First Relationships® (PFR)

- **PFR** is a relationship based program that uses attachment theory
- **PFR** focuses on the quality of the dyadic caregiver-child interaction
- **PFR** is strengths based
- **PFR** is a 10-week program that utilizes video feedback and parent handouts
- **PFR** is designed for any caregiver of a child birth to five including childcare professionals



Increase caregivers' confidence and competence

PFR is strengths based, we train providers how to do strengths based work via the consultative stance

Increase caregivers' observation skills

PFR uses video feedback and lessons on baby's non-verbal language to improve caregivers' ability to 'read' their baby's communication

Increase caregivers' reflective functioning

PFR trains providers to use reflection to help the caregiver enter the 'mind' of the child to better understand their needs

Increase caregivers' understanding that child's behavior represents unmet social and emotional needs

PFR Caregivers learn to identify their, and their child's unmet emotional needs, as well as how to regulate big feelings

Outcomes

- **IMPROVED DYADIC INTERACTION** between caregiver and child.
- **IMPROVED CAREGIVER UNDERSTANDING** of social and emotional needs of young children.
- **REDUCED PLACEMENT** into foster care (2.5 times).
- **INCREASED STABILITY** in foster care.
- **REDUCTION IN** child externalizing behavior
- **IMPROVED CHILD STRESS** physiology
- **INCREASED CHILD COMPETENCE**
- Works **BETTER FOR HIGHER NEED CAREGIVERS** (those who were physically abused as children; reunified birth parents; or those with mental health issues).

Theory & Design



Process & Training



Outcomes