

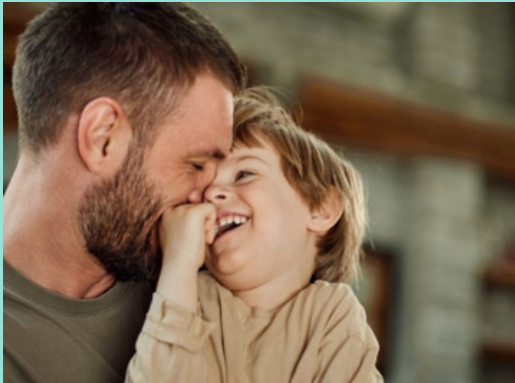
Promoting First Relationships (PFR)

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/toddler social and emotional development**
- **parent needs help developing and expressing empathy towards their young child.**

Sessions are approximately 60 minutes each week, 10-14 weekly sessions and the expected outcomes include:

- **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 feelings in order to provide empathetic and compassionate care for their child**
- **an increased positive relationship between the parent and the child**



Please visit transformtacoma.org for more information and to apply for these services.