








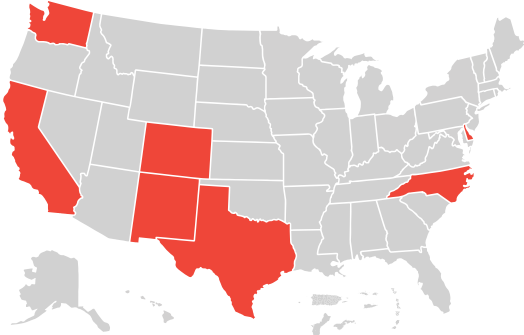


Promoting First Relationships

[Promoting First Relationships](#) (PFR) supports children’s social-emotional development through responsive and nurturing caregiver-child relationships. The model’s main goals are to increase sensitive and responsive caregiving, increase caregivers’ understanding of their child’s social and emotional needs, support caregivers’ reflective functioning, and improve caregivers’ and children’s emotional regulation. Home visitors respond to a family’s need using consultation strategies, handouts, and video recordings.

<p>What is the model’s approach to providing home visiting services?</p>	<p>Hourlong home visits take place weekly for 10 weeks. PFR can be delivered to a family with a child between the ages of birth and 5 years old.</p> <p>PFR’s service population includes the following:</p> <ul style="list-style-type: none">  Expectant caregivers  First-time caregivers  Caregivers with a history of depression and anxiety  Caregivers with limited access to education  Families with low incomes  Families with a history of substance use or in need of treatment  Families with a history of child abuse or neglect/involvement with child welfare system  Children with developmental delays or disabilities  Children with special health care needs
<p>Who is implementing the model?</p>	<p>Home Visitors</p> <p>PFR requires home visitors to have experience working with children and families.</p> <p>Supervisors</p> <p>PFR requires supervisors to have experience in home visiting and in working with children and families.</p>
<p>Where is the model implemented?</p>	<div style="display: flex; align-items: center;">  <div> <p>PFR operated in 7 states in 2023. PFR also operated outside the United States and its territories in Australia, Canada, and Switzerland in 2023.</p> </div> </div>

The NHVRC is a partnership of James Bell Associates and the Urban Institute. Support is provided by the Heising-Simons Foundation. The views expressed here do not necessarily reflect the views of the foundation. For a detailed methodology, see the *2024 Home Visiting Yearbook*.



Promoting First Relationships

Families Served Through Evidence-Based Home Visiting in 2023

**6,102**

home visits provided
including 642 virtual visits

**901**

families served

**968**

children served

Mission

PFR envisions a world where every child feels safe, secure, and connected to their caregiver; every caregiver feels safe, secure, and connected to their child; and all people can experience healthy and supportive relationships.

History

PFR grew out of Dr. Jean Kelly's dissertation published in 1982, in which she refined and operationalized intervention strategies to promote high-quality parent-child interactions. Dr. Kelly used video recordings and live parent-child interactions to provide a space to explore the caregiver-child relationship and provide positive support and reflection on the developing relationship. These strategies became the basis of the PFR curriculum.

Foundational to Dr. Kelly's work are the core values and beliefs that guided her practice with caregivers of children with developmental disabilities. These include valuing the caregiver as the expert, believing that a caregiver's confidence and competence increase through strength-based strategies, and understanding that change occurs when caregivers observe and reflect on their relationship with their child. Observation and reflection create an avenue for caregivers to explore the meaning of their child's behavior and how behavior reflects their social and emotional needs.

