

# Build a positive relationship with your young child



Tears and tantrums can mean unhappy children and unhappy parents. **Youth Eastside Services** is now using a new evidence-based parent education curriculum that is shown to help parents to build healthy and positive relationships with their infant or toddler. The **Promoting First Relationships** program offers parents the opportunity to build and enhance social and emotional skills in themselves and their young child that lay the foundation for a healthy and successful life.

## What is Promoting First Relationships (PFR)?

PFR is an evidence-based curriculum that helps parents understand their child's social and emotional needs and nurture their child's social and emotional development. PFR supports parents to experience joy and confidence in their relationships with their young children.



## What are the goals of PFR?

- Promote children's social-emotional development through responsive, nurturing caregiver-child relationships.
- Develop positive parenting strategies and secure, healthy relationships.
- Build understanding of the social-emotional needs of young children, and how parents can meet those needs

## What happens during the home visits?

Through a series of home visits and videotaped parent-child interactions, each visit focuses on building and supporting the social and emotional health of both the parents and the child. Parents receive positive feedback and are able to reflect on their child's behavior and the feelings and needs behind the behavior. PFR uses handouts to share and discuss information about your child's social and emotional well-being.

## How long is the program?

PFR consists of 10-16 weekly home visits which are 1-1.5 hours in length.

**Learn more** by visiting [pfrprogram.org](http://pfrprogram.org) to read about the research and successes behind PFR.

## Parent Child Interaction Therapy (PCIT)

Ages: 2–7 years



### What is PCIT?

PCIT is an evidence-based behavioral health therapy for families with children who struggle with behavioral/emotional issues or conflicts with their parents. PCIT is different than traditional psychotherapy or a parent education class because it employs a live-coaching model: the therapist observes the parent and child interact from an observation room, and communicates with the parent through an earpiece to coach them on specific skills.

### What are the goals of PCIT?

- Build positive parent-child interactions.
- Increase communication and interaction skills within the family.
- Help children learn how to better regulate emotions.
- Enhance the parent-child relationship by improving and strengthening the attachment.
- Teach parents how to provide direct, easy-to-understand instructions to the child that have clear, consistent consequences.
- Address parents' concerns regarding their child's behavior.

### How long is the program?

The program generally lasts 3–4 months with weekly attendance and completion of homework. On-site sessions are 1–1.5 hours.

### What are the stages of PCIT treatment?

- Assessment, orientation and teaching (2–3 sessions)
- Child-directed interactions, coaching (CDI) (1–5 sessions)
- Parent-directed interactions, coaching (PDI) (1–7 sessions)
- Graduation (assess CDI and PDI mastery)

Learn more by visiting [pcit.org](http://pcit.org) to read about the research and successes behind PCIT.

### About Youth Eastside Services

YES is a nonprofit organization. We accept private insurance, Washington Apple Health (formerly Medicaid), and offer a sliding-fee scale. Our services are fully confidential, including when provided at the schools.

