



## CHOOSE 1 OF 4 WORKSHOP OPTIONS

1. FEBRUARY 27–MARCH 2 | 8:30AM–12PM (PST)
2. MARCH 13, 15–17 | 1PM–4:30PM (PDT)
3. APRIL 3, 4, 6 & 7 | 8:30AM–12PM (PDT)
4. MAY 15–18 | 1PM–4:30PM (PDT)

To ensure equity across agencies, each agency will be limited to 4 to 5 max participants, unless availability allows for more.

To register, email: [pcrp@uw.edu](mailto:pcrp@uw.edu) (please include agency name and workshop option)

## FREE VIRTUAL LEARNER'S WORKSHOP

Promoting First Relationships® is a strengths-based curriculum for service providers to help parents and other caregivers meet the social and emotional needs of young children.

### What is Promoting First Relationships?

- An evidence-based curriculum for service providers, to help parents and other caregivers meet the social and emotional needs of young children
- Video feedback approach grounded in attachment theory and reflective practice principles
- Gives professionals who work with caregivers and young children (0–5) the knowledge, tools and strategies to guide and support caregivers in building nurturing and responsive relationships with children

### Who should use Promoting First Relationships?

Infant Mental Health Specialists, Child Welfare Providers, Social Workers, Home Visitors, Early Interventionists, Family Service Workers, Childcare Providers, Early Childhood Education Teachers, Public Health Nurses

### What will be covered during the Learner Workshop?

Our Learner Workshop is designed to give service providers knowledge about using Promoting First Relationships (PFR) within one's own practice. The workshop is taught by PFR Master Trainers who use various learning approaches including video examples, case studies, and discussion. Participants receive curriculum, parent handouts, and training in the following:

- Elements of a Healthy Relationship
- Attachment Theory and Secure Relationships
- Reflective Capacity Building
- Development of Self for Infants through Preschoolers
- PFR Consultation Strategies
- Challenging Behaviors
- Intervention Planning Development

*"I loved the video examples which really helped illustrate the principles."*

*"Straightforward and doable, lots of real life examples and opportunity to reflect in groups."*

*"I liked how the case studies cemented the concepts."*

*"I particularly liked the group discussions, latest research information and the handouts."*



parent-child  
relationship  
programs at the  
Barnard Center

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