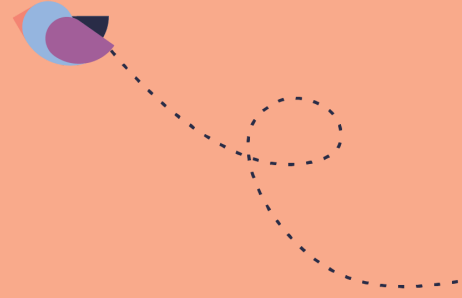# KIDS FIRST™

Quinn's story

> **Kids First has a strong track record for introducing internationally sourced, evidence-informed programs and services that are grounded in respect – for individuals, their dignity, needs and preferences. Respect is a value hardwired into our culture."**

- Aileen Ashford, Chief Executive Officer

This year Quinn* came to Kids First after experiencing family violence. The experience had diminished her confidence, and after years of having her parenting skills undermined, she was at a low point. Her five-year-old son Ezra* was showing signs of aggression towards her and particularly after visits with his father.

"(PFR) has been a fantastic support especially in my confidence as a parent. Before the program I doubted myself a lot, thinking I must be doing something wrong or could be doing something better. You helped me see all the little things I was doing well and reflect on what I also needed.

You always made me feel comfortable to share and I felt you very quickly picked up on our needs and went out of your way to accommodate these. I never felt judged and the way you delivered feedback was encouraging and motivating.

A huge thank you, you have made a huge difference in my life and hopefully a flow on effect to Ezra's life," said Quinn.

*For privacy, names have been changed in this client story

Professional Statement

> PFR is based on attachment theory and builds confidence and competence in parents. It does this through a unique approach, starting with visiting families in their homes where child development and safety can be explored.
>
> Over time Ezra's aggressive behaviour reduced. Upset behaviour that would typically last for 90 minutes was reduced to 20 minutes and he even began activating some self-soothing behaviours. Importantly, Quinn's confidence grew."

Promoting First Relationships

Caregiver, Family

A home visiting program to build confidence for parents and create positive connections with your child.

To find out more about Kids First, visit our website kidsfirstaustralia.org.au