

# Circle of Security Parenting



Do you want your child to have empathy, greater self esteem and be better able to handle their emotions?

## WHAT'S THE PROGRAM ABOUT?

Circle of Security Parenting is designed for parents/carers of children 0-12 years to develop their connection and relationship with each other.

Babies and children who are secure in their relationship with their caregivers grow up to be teens and adults who have strong self-esteem, self-confidence, increased capacity for problem solving and more success in their relationships and friendships.

## WHAT CAN YOU EXPECT?

Through the DVD, booklet, group discussion and reflective moments we will explore:

- 'All my child needs is for me to be good enough'. This means there is room to make mistakes in parenting.
- 'It's never too late. As I'm learning new ways of parenting, good things will happen for both me and my child'.

## WHAT WILL YOU LEARN?

Through a 7 week program (8 weeks online), parents will learn how to identify their children's emotional needs and respond to their behavior in ways which result in greater resilience, better relationships and improved self-esteem for their child.

The group supports parents as they learn how to be *bigger, stronger, wiser & kind* with their babies, toddlers and young children. This in turn supports their children along the pathway to security.

## WHAT PEOPLE ARE SAYING ABOUT THE PROGRAM

"Understanding my child's needs more fully and being more confident to identify their cues and act on them is tenfold".

"Great program, I've got so much out of it".

"Really put a lot of things into perspective, new concepts and strategic ways to help better my parenting style."

The course runs for seven weeks, for two hours each week (eight week online for one and a half hours per week).

**COST:** Free

**CONTACT:** Alison Smith

Bookings are essential

For further information on any of our programs or workshops, please call 9:30am-4:00pm, Monday to Friday (02) 4720 6500 or ask at reception.

Childminding is available at various times.