



# The Circle of Security Parenting



**At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.**

Circle of Security Parenting is an 8-week evidence-based, relationship-focused programme. It is a reflective programme that helps caregivers focus on the quality of the relationship with their child, not just their behaviours. Participants attend a 2-hour group session once per week for 8 weeks.

### **Aims of the Programme:**

- Help parents/Caregivers understand & respond sensitively to their children's needs
- Increase parents/Caregivers' reflective & empathic responses
- Enhance parent-child relationship
- Improve young children's developing self-esteem
- Support parents/Caregivers to be confident

**Who is it for?** Parents/Caregivers of children ages 4 months to 5 years old

**When?**

**Where?**

**Time?**

**How to book?** [Circle of Security Referral](#)

**Or Scan QR Code**



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