

# Circle of Security Parenting Program

**This relationship-based program draws on over 50 years of early childhood research and may help you as a parent/caregiver to:**

- understand your child's emotional world—learn to read the emotional need that lies beneath your child's behaviour
- support your child's ability to handle their own emotions and support the development of confidence and self-esteem
- strengthen your skills in observing and connecting with your child
- explore your child's needs within a safe, secure and supportive environment.

Throughout the program, a DVD with personal life experiences and illustrations will be used.

**Suitable for parents with children under eight years.**

Facilitated by an Early Intervention Parenting Specialist and a Child Health Nurse.



Reserve your place as numbers are limited and bookings are essential.  
Call Child Health Access on: 5319 4824