

Circle of Security Parenting

Supporting parents to build healthy and secure relationships with their children

At times all parents feel lost or confused 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. **The Circle of Security Parenting™** program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Circle of Security will help you:

- Understand your child's emotional world by
- learning to read their emotional needs
- Enhance the development of your child's self-esteem
- Support your child's ability to successfully manage emotions

A program for parents of children aged 0 – 12 years

One-on-one sessions available

Group sessions available

For more information:

Warrnambool City Council, Parenting and Children's Services:
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