



Circle Of Security

Circle of Security Parenting is a relationship-based early intervention program, designed to enhance attachment security between parents and children. Decades of university-based research have confirmed that **secure children exhibit increased empathy, greater self-esteem, better relationships** with parents and peers, enhanced school readiness and increased capacity to handle emotions more effectively.

8-week parenting program based on building a strong relationship with your child

Who is it for?

Parents or caregivers of toddlers and children in pre-school years

Start Dates 2024

Term 1

Thursday 8th Feb: 1pm-2.30pm

Term 3

Monday 22nd July: 1pm- 2.30pm

Location: 3/3 Tuck Street Moorabbin Victoria 3189

LEARNING OBJECTIVES:

At times all parents feel lost about what our child might need from us. Imagine what it would feel if you were able to make sense of what your child was really asking from you. Using the COSP™ model, we will work with parents and caregivers to help them to:

- Understand their child's emotional world by learning to read emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self-esteem
- Honour the innate wisdom and desire for their child to be secure

Expression of Interest

Feel free to contact us

 admin@corekidstherapy.com.au

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