

Circle of Security™

A parenting program to benefit any family



Parenting can be hard work and it's normal to feel lost some of the time. It's not always easy to work out what your children need from you. It's not always easy to respond to their needs.

The Circle of Security™ parenting program is based on decades of research about how to strengthen and support secure parent-child relationships.

Paediatrician Dr Upasana Kapoor and Clinical Psychologist Narelle Dickinson invite you to this four-week COSP abbreviated program designed to really help you make sense of what your child needs, so you can give them the best in return.

Who is it for?

- Parents of children aged 0-5
- Anyone can join, you don't need a referral

What are the main benefits?

- Learn how to develop a positive and secure relationship with your child
- Learn how to read your child's needs and understand their emotional world
- Learn ways to help your child successfully manage their emotions
- Explore how to help your child enhance their self-esteem
- Honour your parenting wisdom and support your desire to help your child develop a secure attachment relationship
- Become a more dependable parent so your child can develop to their full potential feeling safe and secure

Details

- Small group sessions of 8 to 12 people
- 6.00pm to 8.00pm on a Thursday for 4 weeks
- Cost \$400.00 upfront, covering all sessions
- Paeds in a Pod, 12 Annerley Road
Woolloongabba Qld 4102

FIND OUT MORE AND REGISTER

Places are limited in these small group sessions.

To secure your place or ask for more information, contact Paeds in a Pod on (07) 3177 2000.

www.paedsinapod.com.au/circle-of-security-parenting-program/

Enhance your parenting skills. Learn effective ways to understand and respond to your child's moods and behaviour.

P (07) 3177 2000 | F (07) 3177 2001

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