

## WHO THE PROGRAMME IS FOR:

Fathers with a child around 12mths to 6 years, who is concerned about their relationship with their child, and/or their child's behaviour.

- Parents with a desire to explore the emotional life of their children.
- Parents who have had depression or other mental health issues and are concerned about the impact on their infant/child.
- Parents who have “high needs” babies, wanting support and assistance to understand their child's needs and their responses to those needs.
- Parents with a history of trauma/family violence/early difficulties, who lack confidence with parenting.

## Coburg Maternal & Child Health Centre

1 Warden's Walk, Coburg 3058  
Co-located with the Coburg Children's centre within the walls of Pentridge beside the Glass Den cafe

**WHEN:**  
Wednesday 9<sup>th</sup> Oct 2019  
until Wednesday 27<sup>th</sup> Nov 2019

**TIME:**  
Group starts 5.30 to 7.00pm  
You can come earlier from 5pm

**REFERRAL:**  
Referral to the programme can be made directly to the facilitators by you and your MCH Nurse; fill-in the referral form and email to the address below

**CONTACT:**  
Email: [mchenhanced@moreland.vic.gov.au](mailto:mchenhanced@moreland.vic.gov.au)  
Phone: Circle of Security Facilitator – 9304 5662



## CIRCLE OF SECURITY PARENTING

A Relationship-Based Parenting Programme



This 8-week group aims to enhance parenting competence through improving your understanding of your child's social and emotional needs.

# WHY IS THIS IMPORTANT

This program will help you understand your child and how to provide them with a secure relationship, the cornerstone of emotional security.

Research shows that children who are secure:

- enjoy more happiness with their parents
- feel less anger at their parents
- turn to their parents for help when in trouble
- solve problems on their own
- get along better with friends
- have lasting friendships
- solve problems with friends
- have higher self esteem
- know that most problems will have an answer
- trust that good things will come their way
- trust the people they love
- know how to be kind to those around them
- do better at school

Circle of Security, 2009

# KEY ASPECTS OF THE PROGRAMME

The Circle of Security Parenting group is an 8-week learning programme for parents who want to understand and respond to their children's needs more effectively. Parenting becomes more enjoyable and less stressful once these needs are understood.

'The Circle of Security' is an early intervention for parents and children that focuses on helping parents understand the crucial role that they play in their children's social and emotional development.

This programme uses a training DVD, handouts, and discussion to explore different ways to understand how to respond to your child, particularly when their behaviour is challenging or confusing.

Parents are encouraged to participate in general discussion and learning. Parents are encouraged to discuss their individual needs with the facilitators. Some families may benefit from an additional intensive treatment programme.

