



# *Circle of Security 1:1*

## *A Relationship Based Parenting Program*

Circle of Security 1:1 is now also available via Skype with on-site support.

We are all “hard wired” to feel secure. This need for secure relationships is ‘built-in’ to our most important interactions throughout every hour of every day. This 4 session course is ideal for mothers, fathers, significant others, parents to be, grandparents, foster and adoptive parents or anyone that is providing care for children.

This course will cover:

- What your child’s behaviour might mean
- How to help your child organise their feelings
- How to help your child feel secure in their relationships
- How to help your child engage more in play and learning
- How to support you in your role as a parent when times are tough
- How to support your child in managing difficult behaviours: tantrums, attention seeking, clingyness.

For more information contact Miriam - Relationships Australia SA, Berri  
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