

Circle of Security Parenting

Providing resources, education and support to enhance connections between parents and children.

Who is the program for?

This program is for anyone having difficulty managing the many challenges that we face as parents.

Circle of Security (COS) trained parents reported being more confident in responding to their child's needs, felt better able to cope as a parent, felt closer to their child and acquired more understanding of their child's attachment and exploration needs.

Program content

- Distinguishing children's emotional needs
- How to attune to your child's shifts in attention and emotion
- How to explore your relationship with your child

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About the program

The early intervention program helps parents improve connections with their children. Based on more than forty years of research, it focuses on the relationships that provide children with emotional support. Using a gentle pace, the program encourages parents to use a reflective approach to ensure they discover, understand and learn how to interact with their children in a more considered way.

COS is a way of thinking about children that enables parents to look beyond the child's immediate behaviour and think about how to meet their relationship needs. The program is designed for parents who wish to help themselves and their children manage their emotions more effectively, and build stronger connections with their children.

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When is it held?

This class is held on a Wednesday 11.00 am - 2.30pm

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How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Robina Private Hospital.

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How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Robina Private Hospital.

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