

# Circle of Security Parenting

Providing resources, education and support to enhance parenting skills.

## Who is the program for?

This program is suitable for families in which children are easily distressed and unsettled, where the parent is experiencing anxiety about the relationship or where families are concerned about their child's behaviour.

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
- Teaching children how to manage their emotions
- 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**

This early intervention program helps parents understand and interact with their child's moods and behaviour. 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 fully discover, understand and learn how to interact with their children in a more positive and healthy manner.

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

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**When is it held?**

Regularly on a Monday, alternating between a day and evening group. Please contact the BCPND Unit Manager or group facilitator for start dates.

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**How to join**

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

**Belmont**  
Private Hospital

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