



# **Circle of Security<sup>©</sup>**

## **Free Parenting Class Term 1**

### **Creating a more secure relationship with your child**



Would you like to explore and learn how to support your child's emotional needs and why you can feel distressed, frustrated or overwhelmed when your child's behaviour is demanding, aggressive or clingy?

This six week course will cover....

- How to understand your child's needs and help them organise their feelings
- How to help your child feel secure in their relationships
- How to help your child to engage more in play and learning
- How to meet your child's emotional needs through tough times (challenging behaviours, tantrums, attention seeking, being clingy).
- How to manage your thoughts and feelings

To book or to find out more about this course and if it might be suitable for you call: Jayne on 85 223 626 or 0418 638 823 or email [Jayne.Rayment@sa.gov.au](mailto:Jayne.Rayment@sa.gov.au)

**Starting: Friday 10<sup>th</sup> February -17<sup>th</sup> March 2017 for 6 sequential sessions in total**

**Time: 10.00am -12.00pm**

**Venue: Gawler & District College B-12 Children's Centre**

**Bookings are essential**

**Please note – No Child Care Available**

Facilitator Jayne Rayment is a Registered Circle of Security © Parent Educator