



Circle of Security

Raising Children Ages Newborn to Five

Parenting is arguably the hardest job you will ever have to do. You may find yourself asking...

*What does my child need from me?
How can I relate better to my child?
How can I support my child's independence?
Why do some of my child's behaviors affect me so much?
How can I make parenting easier?*

Circle of Security Parenting[®] is a relationship-based early intervention program designed to enhance attachment security between parents and children. The Circle provides a user-friendly model allowing parents and caregivers to see through the busy-ness of everyday life, to what is needed in the moment, which is otherwise hidden in plain sight. This program has been shown to support secure attachment between parent and child, creating lifelong closeness and calmness.

Topics covered include:

- Recognizing and understanding children's emotional needs
- How to support a child's independence
- How to support a child's need for closeness and intimacy
- How to promote the development of empathy in children
- Understanding why sometimes children's behaviors cause a negative reaction in their parents/caregivers
- How to handle a child's emotional 'meltdowns'
- What approach to take when children 'act out'
- How this model provides effective discipline

**A Certificate of Attendance
that satisfies court requirements
is provided upon completion of the series.**

2 Series offered on Tuesdays from 6pm-7:30 & Fridays from 1:30pm-3:00pm

The next series in 2020 begins Tuesday, September 22nd and runs for 8 weeks.

Call Forty Carrots to register at 941-365-7716 ext. 309

Wendy Norman, Circle of Security Coordinator

