



CIRCLE OF SECURITY PARENT GROUP



BUILDING STRONGER CONNECTIONS

Circle of Security is a structured parenting program that helps you understand your child's emotions, behaviour, and relationship needs.

It supports you to respond with greater clarity, confidence, and connection — not just react in the moment.

Grounded in attachment research, this approach focuses on strengthening your relationship with your child as the foundation for regulation and wellbeing.

What is included?

This program is typically delivered in a small group format and includes:

- A series of guided sessions (commonly 8 sessions)
- Video-based learning and reflection
- Facilitated discussions in a supportive environment
- Practical examples and real-life application

What you'll gain

Through this program, you will build confidence to:

- Understand your child's emotional world and cues
- Recognise what your child needs from you in different moments
- Respond to behaviour with greater clarity and intention
- Support both connection and independence
- Feel more confident in your parenting decisions

Who is this program suited to?

This program may be helpful if you:

- Feel unsure how to respond to your child's behaviour or emotions
- Notice patterns that feel hard to shift
- Want to strengthen your relationship with your child
- Are looking for deeper understanding, not just strategies



Are you looking for a supportive, personalised approach to help your child flourish?
Visit playot.com.au or email us at info@playot.com.au