

Circle of Security Parenting

Do you have a child under 5?



Illustration by Brooklyn, aged 11

The early experiences that children have can help build the foundation for them to thrive physically, emotionally and socially.

Sometimes parenting can feel like sailing in choppy waters. The Circle of Security parenting group can provide you with a safe harbour, and an opportunity to improve your understanding of what your child needs and how best to meet these needs.

This free group consists of eight sessions covering topics which include:

- Understanding your child's emotional and behavioural needs
- Building a nurturing relationship with your child

- Helping your child learn to organise their feelings, develop confidence and self esteem
- Gaining confidence in your parenting responses.

Groups are held at Child Health Centres throughout the Greater Brisbane area either in person or via videoconference.

To get started

Speak with your Child Health Nurse or health professional about what is available.



Scan the QR code to find out more.



Contact us

Child Health Service
t 1300 366 039
w [www.childrens.health.qld.gov.au/
child-health-service](http://www.childrens.health.qld.gov.au/child-health-service)

For further support
Call 13 HEALTH (13432584)
24 hours, 7 days and ask to
speak with a child health nurse
Parentline 1300 301 300 or
www.parentline.com.au