



information  
children

# Circle of Security Parenting

**FEBRUARY 10-MARCH 31, 2022**

**Thursdays: 10am-12pm**

A secure attachment between child and caregiver is critical to a child's current and future well-being. Research shows that secure children have: increased empathy, greater self-esteem, better relationships with parents and peers, enter school more ready to learn, and are able to handle their emotions better. Join us online as we explore together how to build our bond and connection with our children.

## **In this virtual 8-part series, we will explore:**

- How to better understand your child's emotional world & learn to read their emotional needs
- How to support your child and help them manage their emotions
- How to enhance the development of your child's self-esteem
- How to honour your child's wish to be secure
- And more!

**Register  
here**



## **For more information:**

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