



# Circle of Security Parenting

The programme is designed to offer you relationship tools to provide you with a new way of understanding your child's needs, helping them feel more secure and you feel more confident as a parent.



## What is Circle of Security Parenting?

A FREE 8-week programme, with **creche available**. You'll learn how to:

- Understand your child's emotional world by learning to read their emotional needs.
- Support your child's ability to manage emotions.
- Enhance the development of your child's self-esteem.

The programme is offered to Lambeth families with children aged 6 months to 5 years.

## Where will the sessions be held?

The sessions will be delivered during the daytime in small group settings, at various Children's Centres across the borough of Lambeth.

## When does the programme start and how do I sign up?

To find out more about when a programme is starting at a Children's Centre near you and to sign up, please visit [www.lambeth.gov.uk/parenting](http://www.lambeth.gov.uk/parenting) and we will contact you with further details.

Lambeth Family Hub Network  
Lambeth Start for Life Offer

**NHS**  
South London  
and Maudsley  
NHS Foundation Trust

  
**Lambeth**