



KIDS FIRST™



DADS CIRCLE OF SECURITY

Dads Circle of Security is a free, group program that helps parents to make sense of what their child is really asking and needing from them.

The program is offered by Kids First, an independent child and family service provider with more 120 years of community care.

Dads Circle of Security runs for eight sessions and is held through Microsoft Teams.

When:
Every Wednesday between
14 October - 2 December 2020

Session times:
6 pm - 8 pm
(including a five-minute break)

Please contact Kids First to enrol or for more information

Phone: (03) 9450 0900

WHAT IS DADS CIRCLE OF SECURITY?

Dads Circle of Security is a free parenting program, designed to help Dads to understand their child's behaviour and to build and strengthen a secure relationship with their child.

Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.

BENEFITS OF DADS CIRCLE OF SECURITY

Led by Kids First's highly experienced team, over the course of eight weeks we will cover:

- ways to enhance the development of your child's self-esteem, trust and sense of security
- supporting the creation of a secure base from which your child feels able to explore their world, knowing there is a safe haven to return to
- strategies to build confidence as a parent so that you can enjoy parenting and take on new challenges along the way.

WHO CAN ACCESS DADS CIRCLE OF SECURITY?

Fathers of children aged 0-5 years, residing in the north east of Melbourne are very welcome to participate.



Kids First Australia would like to acknowledge the Traditional Custodians of the land on which we are gathered and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and future.



We celebrate and value diversity. Kids First has the HEART for providing support to the community in the most inclusive manner.