



# The Circle of Security Parenting



**At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.**

Circle of Security Parenting is an 8-week evidence-based, relationship-focused programme. It is a reflective programme that helps caregivers focus on the quality of the relationship with their child, not just their behaviours. Participants attend a 2-hour group session once per week for 8 weeks.

## **Aims of the Programme:**

- Help parents/Caregivers understand & respond sensitively to their children's needs
- Increase parents/Caregivers' reflective & empathic responses
- Enhance parent-child relationship
- Improve young children's developing self-esteem
- Support parents/Caregivers to be confident

**Who is it for?** Parents/Caregivers of children ages 4 months to 5 years old

**When?** Various dates; (see referral for specific dates)

**Where?** Various locations in Enfield: (see referral for specific locations)

**Time?** Morning or Afternoon

**How to book?** [Circle of Security Referral](#)

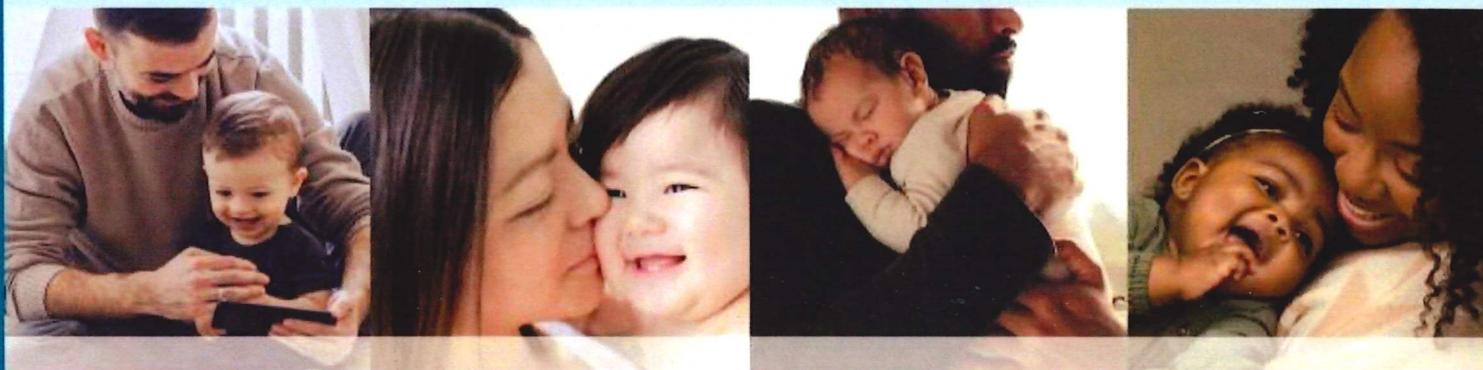
**Or Scan QR Code**



**Contact Information:** [parentingprogrammes@enfield.gov.uk](mailto:parentingprogrammes@enfield.gov.uk)

[www.enfieldparentingdirectory.co.uk](http://www.enfieldparentingdirectory.co.uk)

# Small changes, big differences.



## Triple P for Baby –

### A positive start for babies and parents

Aims to prepare parents-to-be and parents with a baby up to 12 months old make a positive transition to parenthood. It promotes sensitive and responsive care before and after birth, up to baby's first birthday.

Delivered in groups, parents will learn ways to cope with frequent crying, set up good sleep habits, read baby's cues, look after themselves, adapt to changes in family life, and more.

Topics covered includes:

Session 1: Positive parenting

Session 4: Partner support

Session 2: Responding to your baby

Sessions 5-7: Implementing parenting routines

Session 3: Survival skills

Session 8: Ways to maintain changes

#### WHEN?

Various dates & times throughout the year  
(see referral form for specific dates & times)

#### WHERE?

Ponders End Youth & Family Hub, 141 South Street, EN3 4PX or  
Craig Park Youth & Family Hub, 2 Lawrence Road, N18 2HN

#### HOW TO BOOK ONLINE? [Triple P Baby Referral](#)

Also visit: [www.enfieldparentingdirectory.co.uk](http://www.enfieldparentingdirectory.co.uk)

CONTACT INFORMATION: [ParentingProgrammes@enfield.gov.uk](mailto:ParentingProgrammes@enfield.gov.uk)

OR SCAN QR CODE

