

Another successful 'Circle of Security' Parenting program for Barnardos

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The carers who attended Barnardos' Circle of Security training seminars.

Barnardos has run another successful 'Circle of Security' Parenting program for its western Sydney carers.

The Barnardos Auburn office ran an eight week Circle of Security Group.

Barnardos Australia is a leading child protection charity, supporting families and children in need.

The course was a joint venture of the Kinship care and TFC Program facilitated by Seema Khare, Ankica Djuric and Alexandra Kenny .

Senior practitioner from the Auburn office, Anita Tong, said the Circle of Security Group is based on more than five decades of attachment research developed by Kent Hoffman, Glen Cooper and Bert Powell, three of the originators of the internationally acclaimed Circle of Security.

The program primarily highlights on how all children want to feel safe and secure and this tool provides new ways of understanding children's needs and develop a lasting relationship with them.

One carer said she found the course to be a wealth of knowledge.

"It has taught me to be a better parent and more in tune with my children's needs and be able to organise their feelings," she said. "This in turn not only makes my child to be happy but also makes me a happy and relaxed parent."

Another carer said: "I found the course to be very informative. It provided me with important information on how to reassure for the child's wellbeing and build trust and connection with children in our care, and also how to manage our feelings in order to provide the right care for the children in care."

Barnardos Australia urgently needs more foster carers. To make a huge difference in a child's life, call 1800 663 441.