

WEAVING THE TAPESTRY— applying relationship based parenting approaches in family support

A one-day workshop on 26 October 2017

The focus of this one day workshop is to equip workers providing support to families with relationship-based parenting strategies and tools that can be implemented with parents to bring about safer and more secure parent-child relationships. Participants will take away practical resources to use with parents that will ultimately promote safety and decrease risk.

Parenting approaches have changed significantly with the emergence of attachment theory and neuroscience based understandings. How do we use this advanced knowledge in practical everyday parenting? This workshop takes you on a journey of discovery towards applying attachment principles in the daily parenting of children and invites you to consider how you use this knowledge in your family support work. You'll have an opportunity to understand Circle of Security™ concepts and how to talk about these with families. Parenting approaches that strive to control behaviour do not respond to children's underlying needs and feelings. Relationship based approaches such as Circle of Security™ allow parents to see behaviour as a form of communication. This workshop will give you an overview of these approaches so that you in turn can support the parents you work with.

Who should attend? *Family support workers, foster care support workers, family intervention workers, child safety staff, child care workers, anyone who provides skills-development and support to the families or carers of young children.*



You'll learn more about:

- ◆ Attachment theory and how it works in the parent-child relationship.
- ◆ How to recognise and interpret behavioural attachment cues in children.
- ◆ How to help parents make an empathic shift in their parenting approach that emphasises relationship, rather than behaviour management.
- ◆ Strategies to help parents improve their reflective functioning and problem solving skills in parenting.
- ◆ Discover how 'being with' a child in their emotional state is the cornerstone for emotional development and the development of self-regulation.
- ◆ Explore both the map and formula for attachment security and how parents can make changes that will increase safety and connection with their child.
- ◆ Principles and practices for repairing the parent-child relationship.

Next scheduled

When: 26 October 2017

Time: 9.30am – 4.00pm

Place: Airport International Motel,
528 Kingsford Smith Drive, Hamilton

Cost: \$253

To register online:
www.efac.com.au/schedule or
Email: enquiries@efac.com.au