



Circle of Security[®]

PARENTING SERIES

The Circle of Security program is an internationally recognised parenting course based on decades of parent-child attachment research. While focusing on infants and young children, it is suitable for parents of children of all ages. This six-session (two hours each session) course is practical skills-based, using video clips, discussion and handouts to explore children's emotional needs and build parents' ability to respond sensitively to those needs.

You will learn to:

Understand your child's emotional needs

Deal with challenges in responding to your child's needs

Build a loving and secure relationship with your child.



Dr Yixin Jiang Xu is a registered Circle of Security Parenting Facilitator who can run this course for you. Yixin was born in Shanghai and grew up in Sydney after migrating to Australia in 1993. She completed her PhD in 2016 from the University of Sydney, and also holds a Bachelor of Psychology (Honours).

Yixin currently conducts research on parenting at the University of Sydney, and has a particular interest in family relationships from an attachment theory perspective. She has also published in peer-reviewed scientific journals and presented her research at both national and international conferences. Yixin is married to David, and they currently attend St Paul's Anglican Church in Carlingford.

If you wish to invite Yixin to run this course at your church or organisation, please contact Gerald Cheung on (02) 9211 9988 or <admin@firstlightcare.org.au>.