



Little Petal

Circle of Security-Parenting™

Meet the Facilitator

Sarah Giddings is a qualified Social Worker and trained COSP facilitator with extensive skills in group work facilitation and program development. Sarah is also the Founder and Approved Provider of Little Petal CC that offers in-home child care services across Adelaide, South Australia.

COSP

Circle of Security-Parenting™ (COSP) is an internationally recognised program that teaches adults how to identify opportunities to build secure attachments with children, and how to appropriately respond to the needs of the child. Participants will explore their own childhood attachment styles by completing reflection tasks throughout the program.

Course Delivery

The program is delivered over 8 weeks, with each session running for approximately 1.5 hours. Participants are required to attend all 8 sessions to receive a certificate of completion. A "catch-up" session may be arranged due to non-attendance under exceptional reasons, dependent on the facilitator's availability.

Enquiries

If you would like more information about the upcoming COSP program, please email:

✉ sarah@littlepetalcc.com.au

Pricing

The cost is \$45 per session (total \$360) for the full 8-week course, per person. Payment is required at time of registration and is non-refundable once the course has commenced.

Individual sessions can take place at the participant's home for an additional fee to cover facilitator's travel (total travel fee amount will be detailed on the invoice).

Who is this for?

Parents, caregivers, and adults who want to:

- Build better communication skills with their child.
- Understand the different ages and stages of emotional development.
- Raise independent, self-motivated children, that are able to set personal boundaries for their own safety and security.
- Support children to build positive self-esteem for healthy social development.
- Help better manage their child's dysregulated emotions.
- Better identify and read their child's cues.

