**Theme 1:** Setting goals: emotional bonds between parents and children

**Theme 2:** Attachment and emotional bonds between children and parents

**Theme 3:** Caring for your child – the ups and downs

**Theme 4:** Tuning into your child’s likes, dislikes and feelings

**Theme 5:** Having choices and knowing when to say ‘no’

**Theme 6:** Responding to your child’s signals and communications

**Theme 7:** Understanding your child’s emotions

**Theme 8:** Feeling scared – when our ‘buttons get pressed’

**Theme 9:** Caring for children when ‘buttons get pressed’

**Theme 10:** Playing together

**Theme 11:** Transitions/saying goodbye

NB: As agreed with parent, some sessions will happen over two or more meetings.