



Circle of Security

Delivered to: Parents/caregivers of children aged: 0 – 5 years

The program can assist parents of children who display issues with:

- Emotional regulation
- Impulse control
- Disruptive behaviour
- Aggression
- Withdrawn/detached

Program aims: Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. The intervention is intended to help caregivers increase their awareness of their children's needs and whether their own responses meet those needs. With increased awareness parents can expand their moment-to-moment parenting choices where needed.

The overall goals of Circle of Security are to:

- Increase security of attachment of the child to the parent
- Increase the parent's ability to read child's cues
- Increase empathy in the parent for the child
- Decrease negative attributions of the parent regarding the child's motivations
- Increase the parent's capacity to self-reflect
- Increase the parent's capacity to pause, reflect, and choose security-promoting care-giving behaviours
- Increase the parent's capacity to regulate stressful emotional states
- Increase the parent's ability to recognize ruptures in the relationship and facilitate repairs
- Increase the parent's capacity to provide comfort when their child is in distress

Who should attend?

Families with children younger than 6 years old in high-risk populations such as adolescent parents, or parents with irritable babies

How the program is delivered

The program is presented in eight chapters using a manual for the provider, handouts for the parents, and a DVD that explains and shows examples of all concepts presented. The facilitator stops at designated moments and asks reflective questions to participants.

The chapters are:

- Welcome to Circle of Security Parenting
- Exploring Our Children's Needs All The Way Around the Circle
- "Being With" on the Circle
- "Being With" Infants on the Circle
- The Path to Security
- Exploring Our Struggles

- Rupture and Repair in Relationships
- Summary and Celebration

