

Circle of Security

The Circle of Security (COS) is an early intervention program designed to enhance attachment between parents/guardians and children. Decades of research has confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.

The COS sessions are intended to help increase a parent's awareness of their children's needs and whether their own responses meet those needs. With increased awareness, parents can expand their immediate parenting choices where needed. The course looks at a hands-on approach to caring for children by recognizing where they are in 'the circle' and helping the child achieve the self-confidence to go out in the world knowing that they will always be welcomed back to refill their emotional cup when needed.

The seven to eight session program is designed for parents and carers to better understand their children's needs.

If you are interested in being in a group for this program,

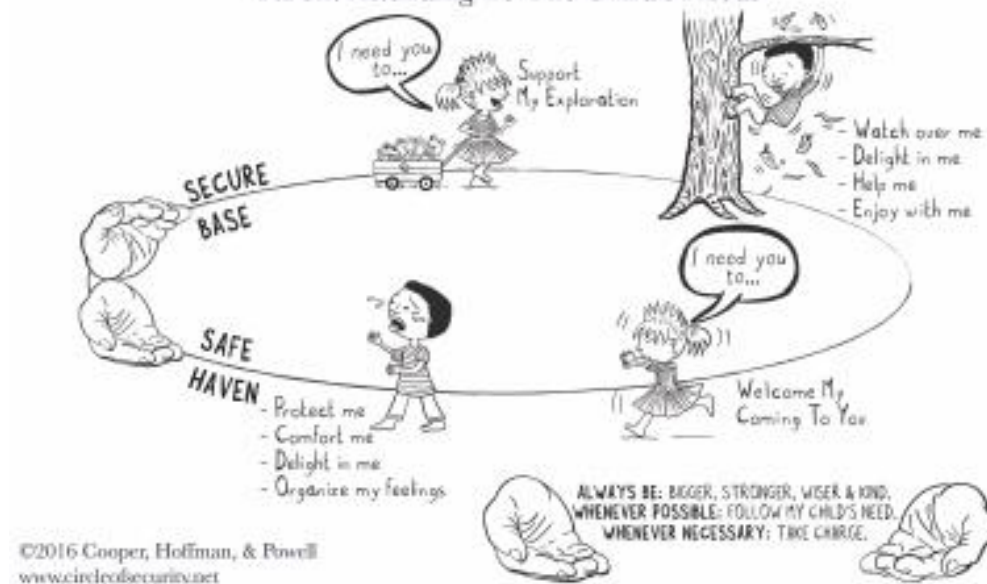
please check the Resourcing Parents Website:

<http://resourcingparents.nsw.gov.au/>

Or contact The Family Action Centre on 4921 6858



Circle of Security® Parent Attending To The Child's Needs



To learn more about the Circle of Security, please follow this link:

<https://youtu.be/1wpz8m0BFM8>



Circle of Security
INTERNATIONAL
Early Intervention Program for Parents & Children



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA