

Circle of Security-Parenting: Keeping the Parent-Child Relationship in Mind

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Nebraska Young Child Institute--Kearney , NE

What is
Attachment?

We each have within us
the “irresistible desire to
be irresistibly desired.”

--*Robert Frost*

The Ultimate
Desire of
Every Child

Pick **ME**, Choose **ME**, Love
ME

<https://www.youtube.com/watch?v=st2jamNWcJM>

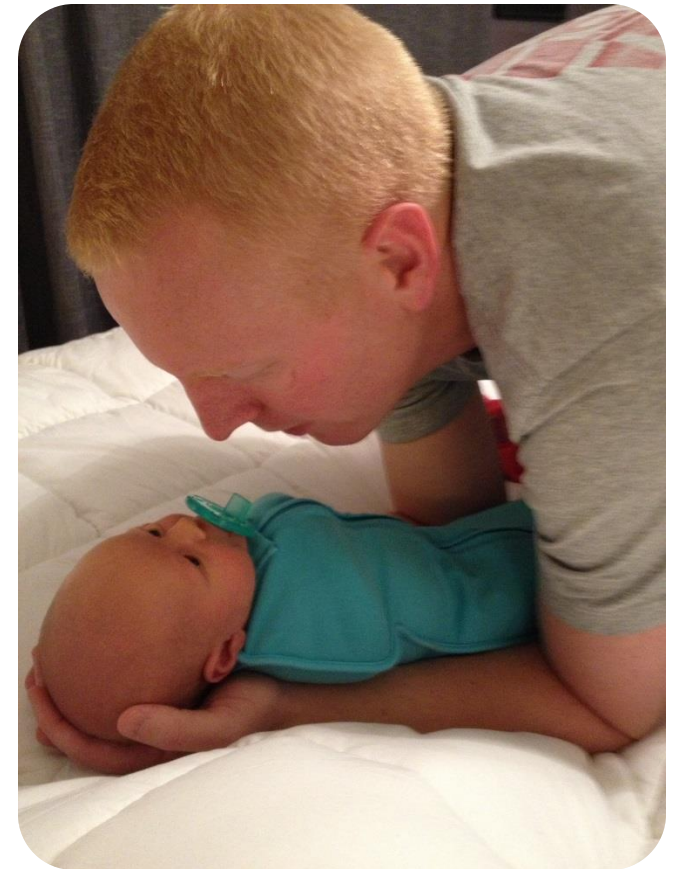
The Parent- Child Relationship

- Through the relationship with parents and others, infants and toddlers learn what to expect of others.
- Nurturing, stable and consistent environments are essential to a young child's mental health and neural development.
- The state of the adults' emotional well being profoundly impacts the quality of the relationship

We are Hardwired for Relationship

We can handle
struggle, as long
as we have access
to secure
attachment and
connection.

<https://m.youtube.com/watch?v=vw0TkwjppZU>



Circle of Security- Parenting

- Based on attachment theory
- Relationships are central
- Understanding the child's needs
- Understanding our own disruptions
- “Being With” each other, ourselves, and our children

Promoting
Healthy
Attachment:
The Circle of
Security™

A Tour of the Circle

- We require connection.
- When it is ruptured, it needs to be repaired.
- When it is, on a consistent basis, we feel secure.
- When it's not, we feel insecure and disorganized.

What Do Participants Learn?

Chapter 1: Welcome to Circle of Security-Parenting

Chapter 2: Exploring Our Children's Needs All the Way Around the Circle

Chapter 3: "Being With" On the Circle

Chapter 4: "Being With" Infants On the Circle

Understanding Your Child's Needs for Secure Attachment

Chapter 5: The Path to Security

Chapter 6: Exploring Our Struggles

Chapter 7: Rupture & Repair in Relationships

Chapter 8: Summary & Celebration

Understanding Your Own Struggles that Get in the Way

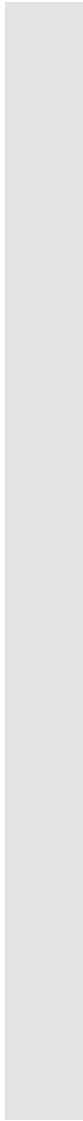

What Do Participants Learn?

- Strategies to strengthen the parent-child relationship
- How to be present with children during the best and toughest of times
- Understand how procedural memory impacts their parenting
- How to recognize a child's needs and make sense of his or her behaviors
- How to meet the child's needs by being bigger, stronger, wiser and kind

"Being-With" and Shark Music

What COS-P is and What it Isn't

- A reflective model, not a prescriptive model
- An opportunity for the participant to reflect on his/her own childhood experiences and how they impact his/her parenting behaviors
- An opportunity to experience “Being With”
- Based on a model of “good enough” parenting



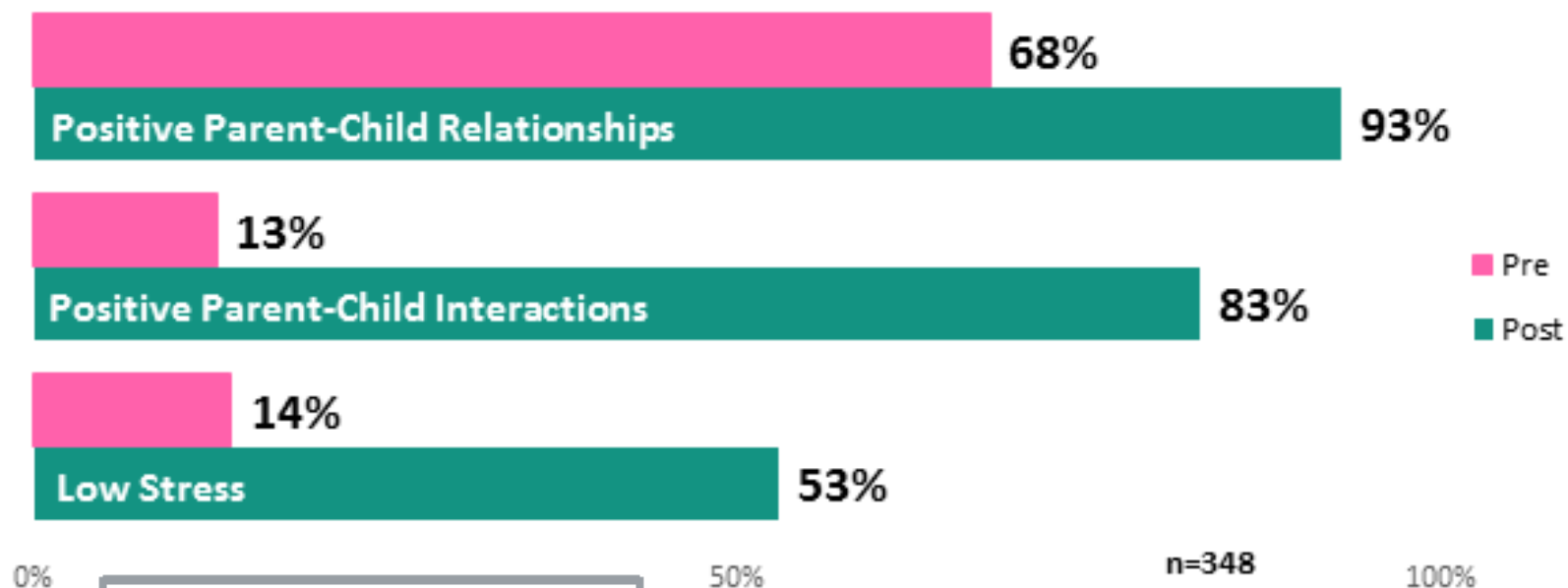
you are imperfect and wired
for struggle but you are
worthy of love and
belonging.....

COSP in Nebraska

What are the outcomes?

Most of the participants met the program goal in adopting positive parent-child interactions and had positive parent-child relationships.

Parenting stress was lowered by the end of the COS-P session.




“This is the best parenting class I have taken and I have taken a few over the years. It has made a huge difference in ME and how I handle situations with my children.”

A parent evaluates COS-P

Resources &
More
Information

<http://necosp.org>



“Every child on this planet
needs to have one simple
reality confirmed: I matter
and I matter absolutely to
someone”

--Kent Hoffman

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