

Circle of Security
Chapter 1

"Welcome to Circle of Security Parenting"

Key Points:

- "All my child needs is for me to be good enough. This means there is room to make mistakes in parenting."
- "It's never too late. As I am learning new ways of parenting, good things will happen for both me and my child."
- "Having ease with this process of going out and coming in is the foundation of secure attachment."
- Overview of the Circle-
The Hands- You are the hands on the circle, you are the secure base that gives your children the sense of safety that they need to step out and discover the world. You are also the safe haven they come into when they need reconnection.

Top of the circle- Children go out into the world to explore

Bottom of the circle- Children return to you for a variety of reasons

- "Once you can see it, you may be surprised to find that the Circle of Security is already playing a central role in life of every child you meet."

