



**Circle of Security**  
INTERNATIONAL  
*Early Intervention Program for Parents & Children*



**University Hospitals  
Plymouth**  
NHS Trust

## **Circle of Security® Parenting Series**



A relationship based  
parenting approach providing  
you with the tools to develop  
a stronger relationship with  
your child

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**Leading with excellence, caring with compassion**

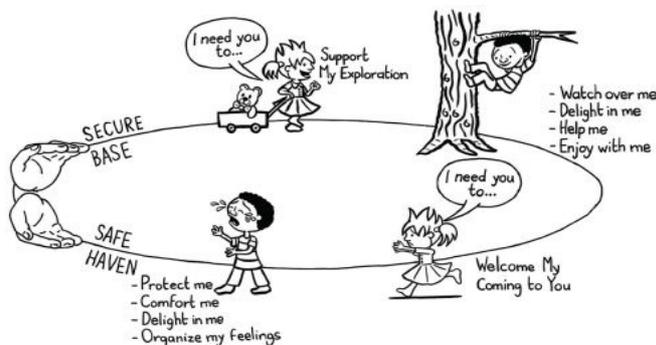


## Introduction

Parenting is hard. At times all parents feel lost or confused about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.

The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

The Circle of Security is a program for parents, which focuses on the relationships that give children emotional support.

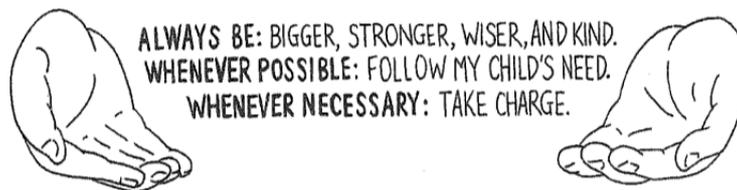


Picture from *Raising a Secure Child*, Hoffman, Cooper, Powell, 2017

Circle of Security is a way of thinking about children that enables us to look beyond the children's immediate behaviour and think about how to meet their relationship needs. It teaches us how to be Bigger, Stronger, Wiser and Kind, whenever possible follow our child's need, but wherever necessary to take charge.

## Learning objectives of the group:

- Understand your child's emotional world by learning to read their emotional needs.
- Support your child's ability to successfully manage emotions.
- Enhance the development of your child's self-esteem.
- Build on your innate wisdom and desire for your child to be secure.



## Who is the group suitable for?

The group is suitable for any parent/carer and child relationship; the material is aimed at parenting younger children but the underlying principles apply to all parent-child relationships. This particular group is aimed at parents of children aged around 4-8 years old. It is suitable for parents who are struggling with aspects of parenting and also for those who want to reinforce and enhance already strong relationships.

## How the course is run?

The course is run over eight sessions, of no more than 2 hours each, using video footage, hand-outs and discussion. Being able to attend all sessions is essential to get the most out of the group. I am afraid it is not possible for you to bring any children to the group, so you will need to arrange childcare if you have younger children.



## **When and where?**

We try and run three groups a year, in term time. We try and vary the day for each new group (i.e. the same day for eight sessions) to try to allow more people to come. We find the groups running between 10:00-12:00 at the Child Development Centre works best. Please feel free to come at 9.45am to make yourself a hot drink before the group starts.

## **Who runs the groups?**

Dr George (Georgina) Davis, Clinical Psychologist is a registered Circle of Security Facilitator and will lead the group. Alongside Dr Davis, there will be one more facilitator (who could be another psychologist, doctor, nurse or other health professional) and an assistant psychologist.

## **Who else will be there?**



We invite no more than 10 parents/carers with children with all sorts of difficulties. Your child does not have to have a diagnosis for you to attend this group, although some children will have diagnoses like ADHD, ASC or attachment difficulties. The group is a closed group, so it will be the same people every week.

## **Can my partner come?**

Yes! We have found that having both parents/carers of a child in the group is really helpful, just let us know when booking as spaces are limited. Do not worry if it is not possible and there is only you or your partner cannot attend.

## **I don't like the idea of a group**

We know that not everyone likes being in groups and we try to be very thoughtful about this. We will meet with everyone first to address any worries they have. The real strength of the group is being with other parents/carers facing similar struggles and sharing your own.

## How do I register?

Please contact **Rebecca Powell, Psychology Team Secretary on 01752 435233**. She will be able to pass your details to Dr Davis, who will contact you with details of the next available group.

Before starting the group, you will need to attend an appointment with Dr Davis to discuss the group without your child and explore any worries or questions you may have.

We may have to add you to a waiting list, as the group is popular and places are first come, first serve.



## Here is what parents have said about coming to the group:

Fantastic group. Very supportive leaders & other parents. I feel like I have got a lot out of the group.

Amazing. Lots of wow moments.

A very positive experience. Has helped me to see my relationship with my child in a different and more positive light.

Amazing. Lots of wow moments.

Being able to see where I am struggling has helped me to see where my son is struggling. I feel I am more in tune with my son now, and confident to be able to support him and his emotions.

Overall a lovely experience for me, meeting other parents going through similar experiences. Group facilitators were kind and thoughtful making the learning and being part of the group an enjoyable and safe experience.



**Your notes:**



**This leaflet is available in large print and other formats and languages.**

**Contact: Administrator**

**Tel: 01752 435233**

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