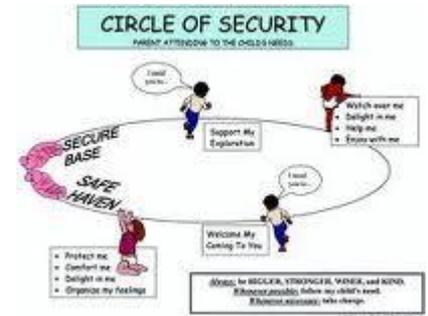


## CIRCLE OF SECURITY

The Circle of Security is an early intervention program for parents and children that focuses on the relationships which give children emotional support. Central to the program is the Circle of Security map, which helps parents and other carers to follow children’s relationship needs and so know how to become more emotionally available to them. The map draw a very clear link between attachment and learning.

The Circle of Security is a way of thinking about children that enables carers and educators to look beyond the children’s immediate behaviour and think about how to meet their relationship needs.

The COS helps you to observe the different ways that children approach you to seek support and make use of your help. It assists you in understanding children when their behaviour is causing distress, to you and their peers, and in planning how to meet their needs. The COS helps you to look beneath children’s behaviour to discover their genuine relationship needs.



The Circle of Security diagram shows a circle held between two hands. One hand supports the top half of the circle, showing the secure base of support children need for play and learning. Children’s underlying needs for exploration are summarised in the box in the top half:

- ‘Watch over me’ (to see that I am safe).
- ‘Delight in me’ (so I can look into your face and see what I look like to you, and find you are happy to be with me).
- ‘Help me’ (just enough so I can do it by myself).
- ‘Enjoy with me’ (join my interest).

The hand supporting the bottom half of the circle represents the safe haven children need when they have had enough of exploring. Their underlying needs in relation to attachment are shown in the box in the bottom half:

- ‘Protect me’ (because I am feeling scared).
- ‘Comfort me’ (when I am upset).
- ‘Delight in me’ (found on both sides of the circle because it is so important for children).
- (Help me to) ‘organise my feelings’.



The Circle of Security Program consists of two different groups. One group is run over 8 weeks, and the second group is run over a 6 month time frame. Please discuss further with the team at Stepping Stones to determine which group is better suited for your needs.



\*Information taken from “The Circle of Security: Roadmap to building supportive relationships”  
By Robyn Dolby