

What is the Circle of Security?

The Circle of Security is a straight-forward program that helps parents strengthen their relationship with their children.

Who is the Circle of Security for?

Everyone who wants to be the best for their children!



Single & Married Parents

Grandparents



Adoptive Parents

Foster Parents



What parents have to say about the Circle of Security

I'm becoming an even better parent now!

My kids are happier. I learned a lot from the COS... I learned to cope with outbursts.

We have "circle time" now with our kids... We know now when they need their cup filled.

I see differences in myself and I spend more time with my child now.

The Circle of Security is "real."

Interested in Becoming a Circle of Security Parent?

Join other people who want to learn a straight-forward way to become better parents. Groups are forming right now.

For information about current COS groups in your area, visit cnyattachmentnetwork.org/join

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Service Providers: Visit www.cnyattachementnetwork.org for more details.



The Oswego County
Circle of Security[®]
Parenting Program





What You Will Learn in the Circle of Security

Important Things to Remember

- #1. You are the most important person in your child's life.
- #2. Children are sometimes hard to understand, and that's OK. It's also OK to ask for help to understand your child.
- #3. Best of all, you don't have to be the perfect parent...just a good enough one!



How to better understand your child's emotions.



How to positively handle tantrums and emotional meltdowns.



How to experience more joy with your child.



How to make siblings get along better.



How to handle your child's curiosity and energy.



How to be a more relaxed parent.

The Circle of Security helps!

Your child will see changes in you, and you will see changes in yourself.

We focus on strengths, not weaknesses!