



The Oswego County
Circle of Security®
 Parenting Program



What is the Circle of Security?

A straight-forward program that helps parents strengthen their relationship with their children.

Who is the Circle of Security for?

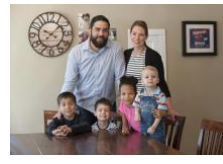
Everyone who wants to be the best for their children!



Married & Single Parents



Grandparents



Adoptive Parents



Foster Parents

What will you learn in the Circle of Security?



How to better understand your child's emotions.



How to have more joy with your child.



How to handle tantrums and meltdowns.



How to handle your child's curiosity and energy.



How to make siblings get along better.



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!*

Interested in becoming a Circle of Security Parent?

Join others who want to learn how to become better parents. Groups are forming now.

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