

Circle of Security

Charlotte Behavioral Health Care



Learn to Understand Your Children's Needs

As parents, we all wonder if we are getting it right. We want to know we're meeting our children's needs, helping them grow, and giving them all we can. We try to combine our own experience of being parented with the advice of others, and our own instincts and beliefs about what is best. But still, we so often worry that we are not succeeding.

The Circle of Security program is based on decades of attachment research. Unlike many behavioral perspectives, it offers relationship tools to provide a new way of understanding your children's needs - creating lasting security for them and more satisfaction for you.

Lasting change in the attachment relationship comes from caregivers' developing specific relationship capacities rather than learning techniques to manage behavior. The Circle helps you know what to look for so you can read your children's behavior and use it to guide you in meeting their three basic needs. First, a child has to have the freedom and confidence to go out and explore his world. Second, he needs to feel assured that whenever he is ready, he can come back for comfort and protection. Third, he needs his caregiver to be in charge in a kind way. If we meet our children's needs enough of the time, the result is happier, healthier, more secure children - and parents too!

This group is for parents of children aged 4 months - 6 years. After completing the eight 90-minute sessions, participants receive a certificate.

**To enroll, call us at
(941) 639-8300.**



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Early Intervention Program for Parents & Children

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