



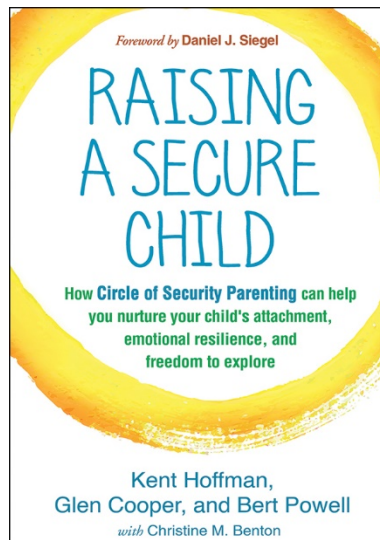
Circle of Security International Resources for Parents ([link](#))

“At times, all parents feel lost or without a clue 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.” ([CoS International](#))

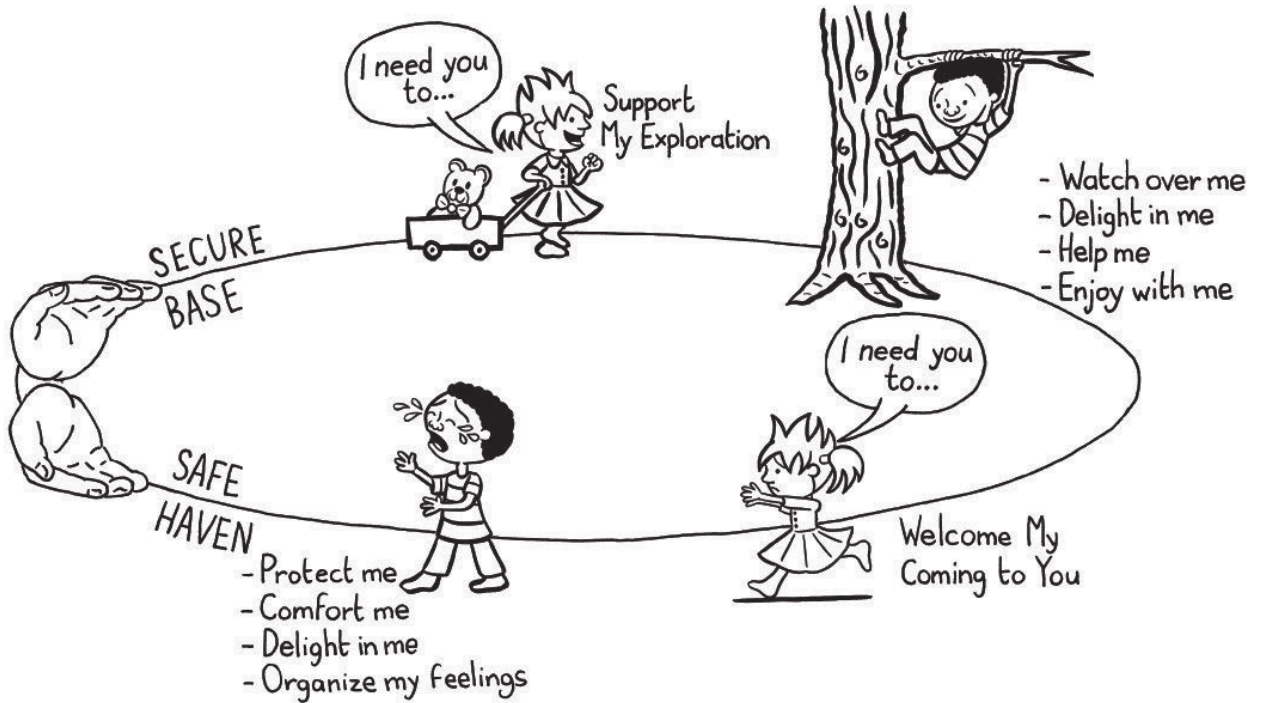
Watch the following videos by going to the COS website or YouTube:

- [Circle of Security Animation](#): a description of the circle and “good enough” parenting
- [Circle of Security Connection](#): what is your child’s behaviour telling you
- [Circle of Security Being With and Shark Music](#): about being emotionally available

The authors of COS have written a book about relationships for parents.



**Please let us know if you are interested
in attending a Circle of Security Parenting Group.**



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(Almost)
 Everything I Need to Know
 About Being a Parent
 in
 25 Words or less

- *Always:* be **BIGGER, STRONGER, WISER, and KIND.**
- *Whenever possible:* follow your child's need.
- *Whenever necessary:* take charge.