

# CIRCLE OF SECURITY PARENTING

## All parents struggle sometimes...

With the stresses and challenges that come with a baby or toddler it is expected that a parent might start to lose confidence and feel overwhelmed by this big responsibility. The Circle of Security Parenting™ Program (CoSPP) is based on decades of research about how secure parent-child relationships can be supported and strengthened.

**NHFT CoSPP and North Northants Family Hubs are offering a course of 8 weekly sessions.**

## The Circle of Security Parenting Program is designed to help parents:

- Understand their child's emotional world by learning to read their emotional needs.
- Enhance the development of their child's self-esteem.
- Build your confidence and honour your innate wisdom and desire for your child to be secure.
- Reflect on their own experiences of being parented and how this impact their parenting style.

## How to register

Please speak to a healthcare professional, childcare practitioner or family hub staff member if you wish to be referred to the CoSPP Service.

For more information please contact 03000270480 or email [circleofsecurity@nhft.nhs.uk](mailto:circleofsecurity@nhft.nhs.uk)

## For referrers

Please scan the QR code to complete a referral form on behalf of the parent.



MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU