

Practice Change Champions (PCC)

Exploring the Circle of Security: A Relationship- Based Parenting Program

Resource Packet

Abstract

The following packet contains resources relevant to the Practice Change Champion Circle of Security session virtually held on September 21, 2022. Included are additional professional development opportunities, resources, a directory of local and national services supporting families, books surrounding the Circle of Security and early childhood development, and supplemental academic and educational resources free of financial barriers.



TABLE OF CONTENTS

Introduction	3
Circle of Security Related Professional Development and Learning Opportunities	4
Additional Circle of Security Resources	4
Local Services Supporting Families	6
National Services Supporting Families	7
Books on Attachment within Infant and Early Childhood Development	8
Free Educational Resources	9
Free Academic Journal Articles	9

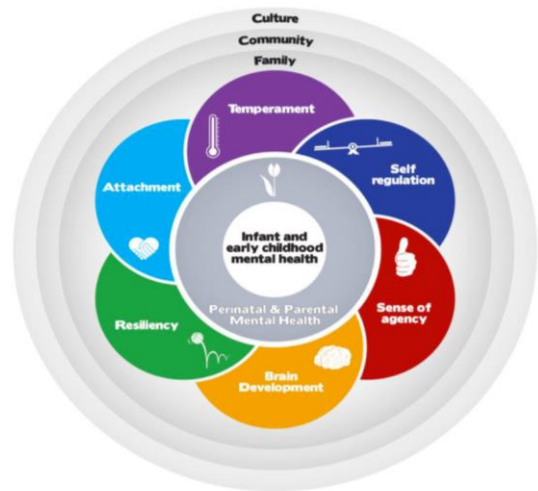


*“Ensuring all children and youth in
Ottawa can reach their full potential and grow up great”*

Introduction

The Infant and Early Childhood Mental Health (IECMH) Education and Awareness Task Group aims to create consistent messaging surrounding infant and early childhood mental health inclusive of prenatal and perinatal phases, family, the greater community, and culture. Primary areas of focus include:

- temperament;
- self-regulation;
- sense of agency;
- brain development;
- resiliency; and
- attachment.



This endeavour led to the establishment of Practice Change Champions (PCC). PCC is an initiative seeking to provide resources and education for professionals working with young children, their families and communities, on promotion and prevention, to strengthen overall professional capacity, and build community awareness on the importance of mental health in the early years.

IECMH would like to thank you for participating in the Practice Change Champions attachment discussion group. We recognize and applaud your commitment to quality standards of practice within child focused sectors through your engagement in continuous professional development opportunities.

This resource has been prepared to support your practice and IECMH hopes to see you at our next event.

For more information on Practice Change Champions, please visit the [Ottawa Child & Youth Initiative website](#).



Circle of Security Related Professional Development and Learning Opportunities		
Title	Type of Learning	Cost
Circle of Security Trainings and Related Courses	Self directed online learning & facilitator trainings (varied time commitments)	Yes
Parent-Infant/Child Relationships and Children's Physiological and Developmental Health	Webinar	No
Parenting Interventions: What is the Circle of Security and Why is it Important?	Webinar	No

Circle of Security Program Resources	
Title	Type of Learning
Overview of CoS	Video 9:16 min
CoS—Unconditional Love	Video 4:23 min
Intro to CoS	Video 4:02 min
Awareness Test	Video 1:07 min
COS—Connection	Video 2:41 min
Being With & Shark Music	Video 4:35 min
Circle of Security Handouts (at the bottom of the page)	handouts

Additional Circle of Security Resources	
Source	Title
Alberta Family Wellness Initiative	Resilience



Association Emmanuel, from the Circle of Security International: Early Intervention Program for Parents & Children (close captioning in French)	Video: Being With & Shark Music
Best Start	Healthy Brains Video: Love Builds Brains
Caring for Kids	Attachment, A Connection for Life
Caring for Kids	Screen Time and Young Children
Circle of Security International: Early Intervention Program for Parents & Children	Circle of Security Handouts (bottom of page)
Circle of Security International: Early Intervention Program for Parents & Children	Video: Circle of Security: Unconditional Love
Circle of Security International: Early Intervention Program for Parents & Children	Video: Circle of Security/Connection
Circle of Security International: Early Intervention Program for Parents & Children	Video: Introduction to Circle of Security
Circle of Security International: Early Intervention Program for Parents & Children	Video: Overview of Circle of Security
Elliot Bruce	Video: Awareness Test
eMental Health/eSantéMentale	What is Infant and Early Childhood Mental Health? (English) Qu'est-ce que la santé mentale du nourrisson et de la petite enfance? (Français)
Encyclopedia on Early Childhood Development	Attachment
Encyclopedia on Early Childhood Development	Attachment at an Early Age (0-5) and its Impact on Children's Development
Harvard University, Center on the Developing Child	Key Concepts, Brain Architecture, Serve and Return, Toxic Stress
Harvard University, Center on the Developing Child	Supportive Relationships and Active Skill-Building Strengthen the Foundations of Resilience
Infant and Early Mental Health Promotion (IEMHP)	Comfort, Play & Teach



National Scientific Council on the Developing Child	Young Children Develop in an Environment of Relationships
Pixar	Movie: <i>Inside Out</i> (explores 'being with' attachment concepts)
Santé Publique Ottawa	Guide de Ressources: Grande Région d'Ottawa

Local Services Supporting Families	
Name of Entity	Details
211 Ontario	211 Ontario provides information about community and social services in the province of Ontario.
Attachment Consultation and Education Service (ACES)	A clinic that supports children and youth up to 18 who are suspected of having an attachment disturbance or disorder.
Best Start Resource Centre: Ontario's Maternal Newborn and Early Child Development Resource Centre (Best Start)	Best Start is a bilingual health promotion organization that works with diverse partners to build healthy, equitable and thriving communities. It supports service providers who work in preconception health, prenatal health and early child development.
Centre D'Appui et de Prévention (CAP)	Le CAP offers mental health services, addiction services, and other therapeutic services to francophone individuals and families in Ontario. Children and youth remain at the heart of their mission.
Community Navigation of Eastern Ontario (CNEO)	Formerly known as the Community Information Centre of Ottawa (CICO), the CNEO is a non-profit, bilingual organization that helps to connect people through mediated access to community, social, health and governmental services in their community.
Crossroads: Children's Mental Health Centre	Crossroads Children's Mental Health Centre is a leader in developing and delivering a range of individualized mental health services solely for children under the age of 12 and their loved ones.
Ontario EarlyON and Family Centre Portal	EarlyON Child and Family Centres offer free, high-quality programs for Ontario families and children from birth to 6 years old. This virtual directory supports those seeking to identify a centre.



Ottawa Based Community and Health Resource Centres	The Community Health and Resource Centre supports the Ottawa community in locating the community centre within their residential neighbourhood.
Parent Resource Centre (PRC)	The PRC helps build confidence, resilient families by providing engaging high-quality programs, a wide variety of social services and supportive resources for children, youth, parents and caregivers.
Parenting in Ottawa	Created by Ottawa Public Health (OPH) and other community partners, Parenting in Ottawa was designed to ease parenting by sharing a wide variety of information related to caregiving.
Pause. Moments Matter in the Life of a Child	The Pause. Moments Matter in the Life of a Child Campaign was created by the Infant and Early Childhood Mental Health (IECMH) Initiative to raise awareness about the importance of infant and early childhood mental health.
Vanier Children's Mental Wellness	The Vanier Children's Mental Wellness is a charitable organization that offers assessment and treatment for infants, children, youth and their families to support their challenges and to promote wellness.
Wabano Centre for Aboriginal Health	The Wabano Centre for Aboriginal Health offers support to the members of Ottawa's Indigenous community through the provision of healthcare, mental health programs, cultural events, classes, and other collaborations with local social service providers.

National Services Supporting Families	
Name of Entity	Details
Child Welfare League of Canada (CWLC)	A membership based charitable organization dedicated to promoting the safety and wellbeing of young people and their families, especially those who are vulnerable and marginalized.
Infant and Early Mental Health Promotion (IEMHP)	The IEMHP is an organization which improves outcomes across the lifespan through translating and promoting the science of early mental health into practice with families during pregnancy, infancy, and early childhood.
Psychology Canada, Strong Minds Strong Kids	Strong Minds Strong Kids, Psychology Canada is committed to promoting the mental well-being of children and youth in Canada through the promotion of resilience.
Public Health Agency of	The social determinants of health influence the health of



Canada: Social Determinants of Health	populations and include social support networks, education, healthy child development, culture, and others.
The Attachment Network of Manitoba	The Attachment Network of Manitoba provides information on caregiver/child attachment, research, resources, training and workshops.

Books on Attachment within Infant and Early Childhood Development		
Author(s) & Contributors	Title	Cost
Daniel J. Siegel & Mary Hartzell	Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive	Yes
Kent Hoffman, Glen Cooper, Bert Powell, Daniel J. Siegel & Christine M. Benton	Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore	Yes
Bert Powell, Glen Cooper, Kent Hoffman, Bob Marvin, & Charles H. Zeanah Jr.	The Circle of Security Intervention: Enhancing Attachment in Early Parent-Child Relationships	Yes
Daniel J. Siegel & Tina Payne Bryson	The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired	Yes
Daniel J. Siegel & Tina Payne Bryson	The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind	Yes



Free Educational Resources	
Name of Entity	Details
Alberta Family Wellness Initiative (AFWI) Resource Library	Resources from leading experts on the science of early brain development and its connection to mental health, including addiction.
Best Start, Healthy Baby Healthy Brain	A video series created by Best Start.
Childcare Resource and Research Unit: Childcare Canada	A resource-based website that focuses on early childhood education and care, family policy and social issues.
Encyclopedia on Early Childhood Development	The most up-to-date scientific knowledge on early childhood development, from conception to age five.
Harvard University, Center on the Developing Child	The Centre on the Developing Child is a multidisciplinary team committed to driving science-based innovation in policy and practice.
National Association for the Education of Young Children (NAEYC)	The NAEYC promotes high-quality learning by connecting practice, policy, and research.
York University, The Infant and Child Mental Health Lab	The Infant and Child Mental Health Lab presents their research which focuses on the well being and optimal development of infants, children, youth and their parents.

Free Academic Journal Articles	
Author(s)	Title
Pia Risholm Mothander, Catarina Furmark, & Kerstin Neander	Adding “Circle of Security - Parenting” to treatment as usual in three Swedish infant mental health clinics. Effects on parents’ internal representations and quality of parent-infant interaction



Noreen Gilhooly	An Exploratory Study of Parent Experiences on the Circle of Security - Parenting (COS-P) Programme (Dissertation)
Cindy Hardy, Sherry Bellany	Caregiver-infant attachment for aboriginal families
Tina Gerds-Andresen	Circle of Security-Parenting: A Systematic Review of Effectiveness When Using the Parent Training Programme with Multi-Problem Families
Carolyn Doughty	Effective Strategies for Promoting Attachment Between Young Children and their Parents
Zoé Richard-Fortier	Évaluation Des Effets De l'Intervention Circle of Security Parenting Auprès De Mères d'Enfants d'Âge Préscolaire: Une Étude Pilote (Dissertation)
Yoo Rha Hong, Jae Sun Park	Impact of attachment, temperament and parenting on human development
Alison Cook, Judith Bragg, & Rebecca E. Reay	Pivot to Telehealth: Narrative Reflections on Circle of Security Parenting Groups during COVID-19
Simona De Falco, Alessandra Emer, Laura Martini, Paola Rigo, Sonia Pruner, Paola Venuti	Predictors of mother-child interaction quality and child attachment security in at-risk families
Sarah Muddle, Jennifer McElwee, Regine Vincent, Nicola Birdsey, & Lara Best	Talking with parents of children with learning disabilities: Parents' ideas about the Circle of Security parenting programme
Patrice Marie Miller, Michael Lamport Commons	The benefits of attachment parenting for infants and children: A behavioral developmental view
Jane Kohloff, Marion Stein, Mary Ha, & Kate Mejaha	The Circle of Security Parenting (COS-P) intervention: pilot evaluation
Chiara Pazzagli, Loredana Laghezza, Francesca Manaresi, Claudia Mazzeschi, & Bert Powell	The circle of security parenting and parental conflict: a single case study
Akram Dehghani, Mokhtar Malekpour, Ahmad Abedi, & Shole Amiri	The efficacy of circle of security on attachment and well-being in preschool children

Attachment

What is Attachment?

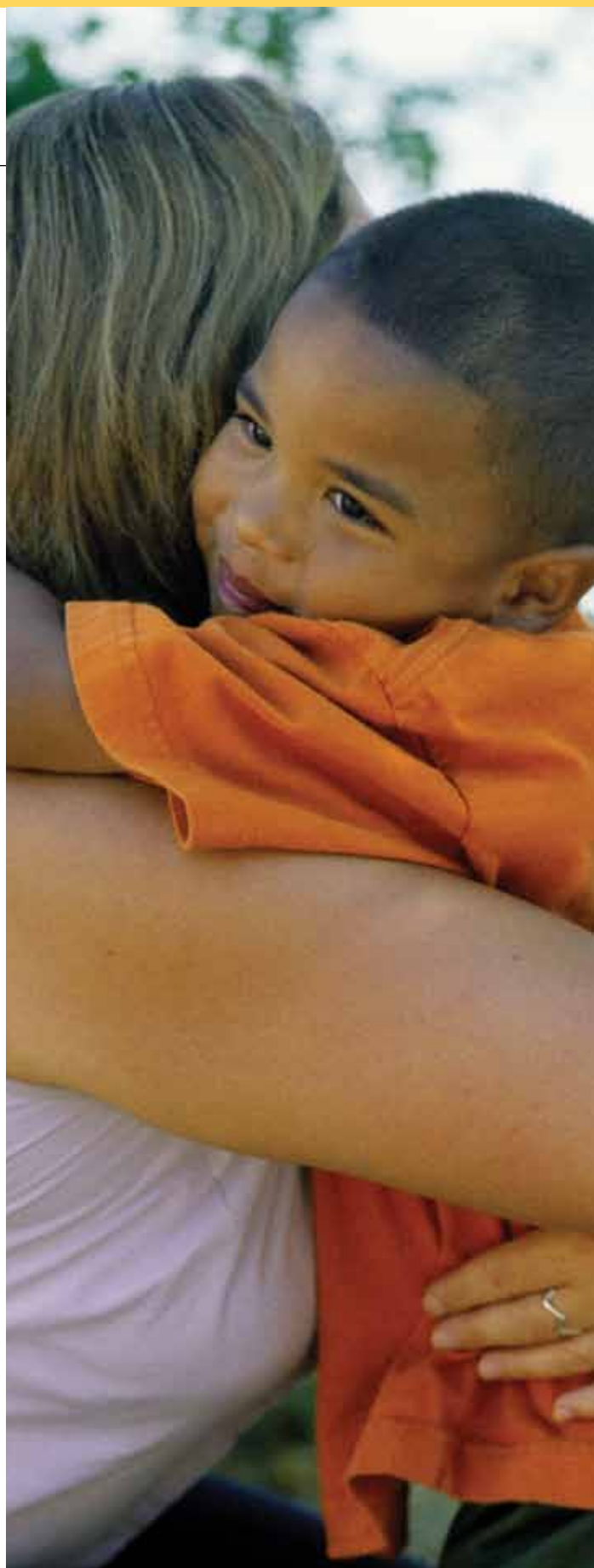
When scientists talk about “attachment,” they mean the quality of the relationship between parent and child. Attachment is the foundation for a child’s expectation that the people they love and depend on will support and help them when they need them. The goal is for children to feel securely attached, because if secure attachment exists, your child will feel safe and confident in their interactions with others, even when bad things happen or big feelings seem overwhelming.

Why Attachment Matters

A child who has experienced comfort and acceptance consistently during his first year will usually develop secure attachment.

In addition to providing the comfort and security every baby needs, the process of becoming attached helps your child’s brain develop in ways that are critically important:

- ★ **IN INFANTS:** Newborn babies are ready to receive and respond to the care and warmth of their primary caregiver. These interactions shape the developing brain and help the baby associate experiences with emotions.
- ★ **IN TODDLERS:** By the time a child is a toddler, networks in the brain connect feelings, actions, words, and relationships. When toddlers are securely attached, they are able to rely upon these relationships, which provide the needed security to explore the world around them.



What Parents Can Do

INFANTS:

- ★ Respond to and play with your baby as often as possible.
- ★ Touch is important for creating attachment. Wear your baby in an infant carrier. Hold her often.
- ★ “Secure attachment” doesn’t depend on perfect interactions with your baby every single time. Researchers have found that perfectly in-tune moments happened less than 1/3 of the time in typical pairs.



- ★ Talk to your baby during everyday moments like diapering, feeding, and bathing. This helps form connections in the baby’s growing brain between emotions, actions, and the responses of their parents or caregivers. These simple early experiences of being cared for and responded to make an infant feel safe.
- ★ Look for cues, right from the start: Notice how your baby is responding during play. Do they want your attention, or do they need a little break? When you respond, even a very young baby feels more secure.
- ★ Create a bedtime routine.

TODDLER:

- ★ Remember that quiet moments are better times to connect than when things are busy, exciting, or new.
- ★ Toddlers need an adult in their life who is a “secure base.” This means supporting their exploration when it is safe, setting limits when necessary, and allowing the child to return to you for reassurance or comfort when they need to.
- ★ Get support when you need it: Parenting is a big job. Don’t be afraid to turn to people you trust to help support you.

PRESCHOOLERS:

- ★ Talk about feelings: Young children need your help to cope with strong emotions.
- ★ Support exploration, and welcome returns: Be there to support your child as he ventures out and provide a safe place for him to return to when the world (or an emotion) feels too big.
- ★ The ability to make amends, or “repair” is a key to making a relationship feel secure. For example, if you lose your temper with your child, be willing to go to him and say “I am sorry for the way I acted when I was angry.” This will teach your child that when mistakes or disagreements happen, you will recognize the mistake, understand his reaction to the error, and behave differently in the future. When your child sees you behave this way, he learns that mistakes are not “forever” and that there is always another chance to securely connect with you.

Attachment

the instinct to stay close and to hold on

What is the purpose of attachment?



To ensure the child depends on their adult to take care of them.



To ensure an adult takes responsibility for taking care of the child



To form deep connections which provide a secure base for a child to grow from



To create a psychological womb where vulnerable emotions can be expressed.

How does a good attachment develop?

0 to 1 years - attach through the senses

1 to 2 years - attach through sameness, copying and imitation

2 to 3 years - attach through belonging and loyalty

3 to 4 years - attach through significance and mattering

4 to 5 years - attach through love and emotional intimacy

5 to 6 years - attach by being known and sharing secrets



What does a good attachment look like?

Child

Listens, follows, seeks help, trusts adult, likes their company, wants to measure up to expectations, looks for guidance, wants to be taken care of



Adult

Takes care of child, orients and informs them, protects, defends, guides, directs, looks out for, leads, share one's values, generous, warm



Deborah
MacNamara