Circle of Security Parenting

Göteborgs Stad

Get to know your child and yourself as a parent!

The Circle of Security Parenting (Trygghetscirkeln) is a series of group meetings for those with children aged 0 to 6. It's a place to go for help with exploring your child's needs and developing your parenting. You can also learn more about the important interaction between child and parent. The Circle of Security Parenting enables you to find an approach to your parenting that can help your child feel secure and develop a good sense of self-esteem.

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Discussion, advice and support

Over the course of eight meetings, we talk about different subjects, all dealing with the interaction between child and parent. We use examples on film, where we look at the child's need for security and exploration in its everyday life.

It's important to come to every meeting so that you don't miss any important parts of the content.

More information about the meetings:

Exploring the child's needs
We learn about the child's need for support from the parent. What does it mean to provide a secure base for the child's exploration and a safe haven to return to?

The value of being together
We learn about how we can help the child manage his or her emotions. How do we create a good relationship that has a stable emotional foundation for the child? How can we be together with the child even when emotions are difficult?

The path to security
We look at the child's need to form a connection and reflect on our own security and vulnerability. How does our emotional availability affect the way the child conveys his or her needs and emotions?

When being a parent feels tough

Being a parent isn't always easy. We investigate the balance between being empathetic and clear, even in challenging situations.

Interpreting the child's behaviour
We look at how you as a parent can understand your child's behavioural patterns and help the child to manage his or her emotions in a good way.

The Circle of Security Parenting is a series of eight meetings at which you as a parent are given help to understand your child's needs, but also to understand yourself on the basis of your own experiences and needs. These reflections provide good opportunities to develop your parenting, to be better able to meet your child's needs and to create a sense of security in the child.

The Circle of Security Parenting is available in Gothenburg at many Family Centres, but also via the Social Services' resource units.

There is more information on the Circle of Security Parenting's English language website: https://www.circleofsecurityinternational.com/

Do you want to find out more or register with a group?

You can find more information at:
goteborg.se/foraldrastod

In partnership with:

Circle of Security Parenting