

Circle of Security™ in Nebraska



MUNROE-MEYER
INSTITUTE



Executive Summary

2023-2024

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The Circle of Security (COS) program, encompassing both Circle of Security Parenting (COSP) and Circle of Security Classroom (COSC), is an attachment-based education curriculum designed to enhance the quality of relationships between adults and children. The program's goal is to increase the adults' capacity to provide a "secure base" from which the child can explore, and a "safe haven" to which the child can return for comfort, ultimately promoting the child's emotional well-being and development across various caregiving contexts.

Circle of Security Parenting (COSP)

227

Traditional Circle of Security Parenting (COSP) programs were completed in the reporting period

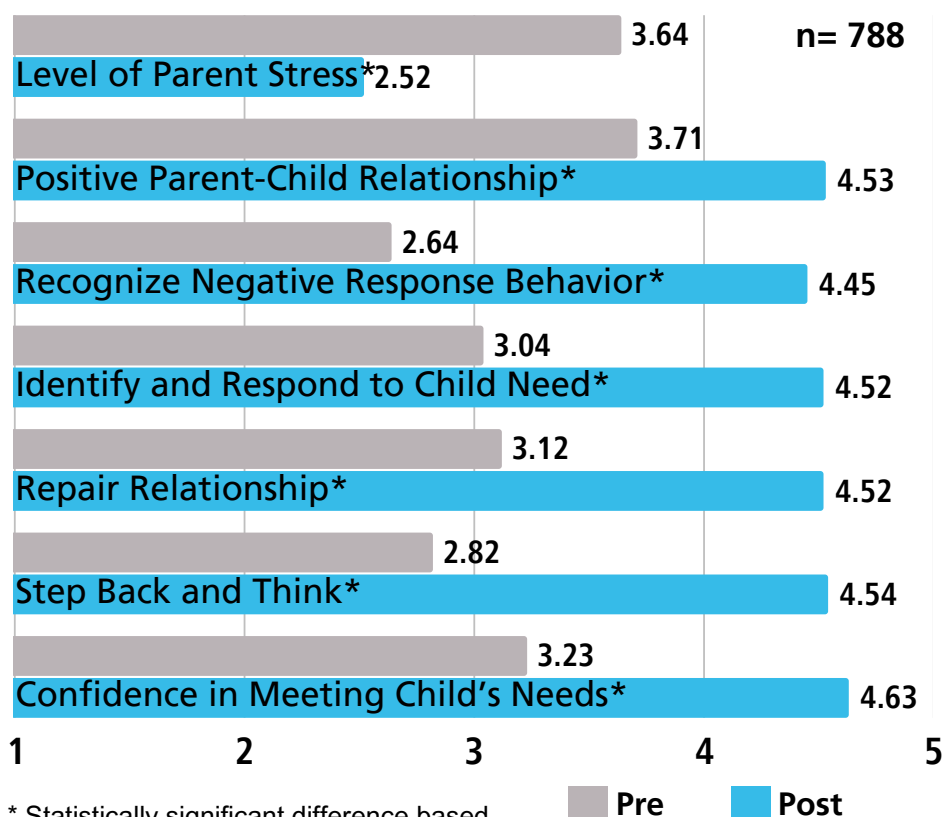
1,083

Participants were served, as reported by facilitators

50+

Counties across Nebraska were reached, demonstrating a broad statewide impact

COSP Participants Reported Decreased Stress and Increased Capacity for Positive Parenting Behaviors



* Statistically significant difference based on the Wilcoxon signed-rank test

"It was such a great class that reminded me of important parenting strategies, reaffirmed what I was doing well, and gave me the tools to strengthen my relationships with my children."

"I learned that the circle applies to every relationship not just parent and child. It helped me make sense of my childhood more."

Circle of Security Classroom (COSC)

85

Circle of Security Classroom (COSC) programs were completed in the reporting period

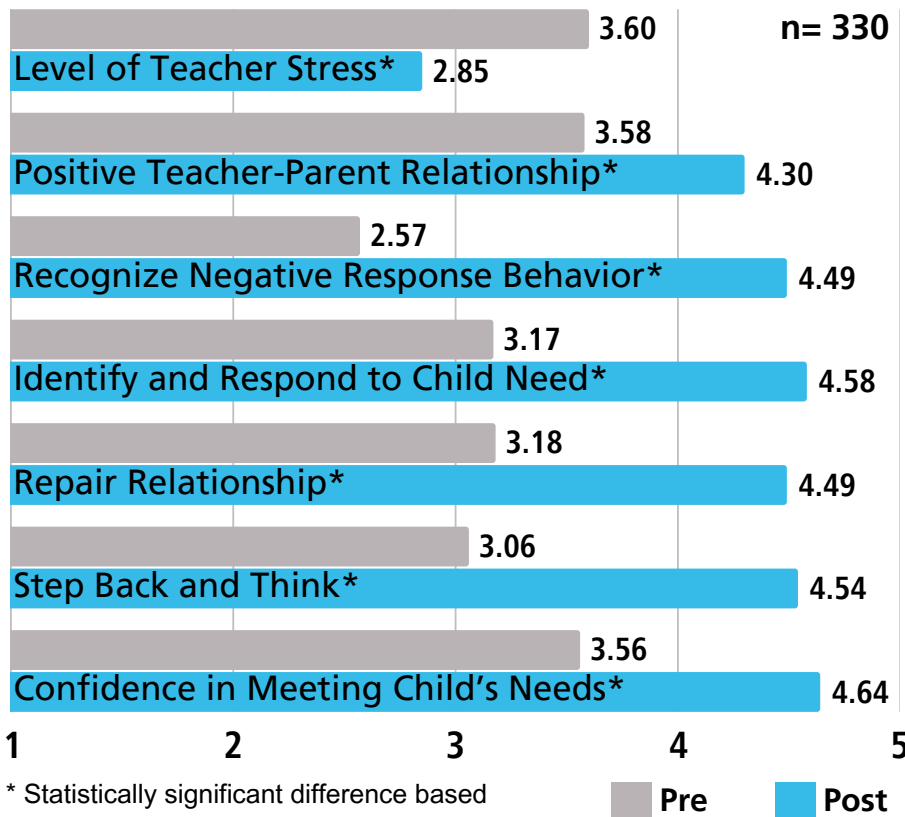
432

Participants were served, as reported by facilitators

50+

Counties across Nebraska were reached, demonstrating a broad statewide impact

COSC Participants Reported Decreased Stress and Increased Capacity for Positive Teaching Behaviors



"I love to understand the circle. Now I can clearly identify the circle in almost all activities of the kiddos."

"It was one of the most eye-opening trainings I've ever been a part of"

Conclusions

The program effectively reduced parenting stress, boosting confidence in caregiving. It strengthened parent-child and teacher-student relationships by helping caregivers and educators better understand children's emotional needs and behavioral cues.

Participants enhanced their ability to recognize and respond to distress, fostering emotional security in children. They also gained greater confidence in repairing relationships, ensuring they could positively reconnect with children after challenges.

Most participants found Reflective Consultation highly beneficial, enhancing their problem-solving skills, stress management, and confidence in collaborating with colleagues.

The majority of COSP parents and COSC teachers found group meetings highly beneficial, felt respected and valued, and reported that the program transformed their approach to parenting and professional caregiving.