

Solution Templates

Circle of Security Parenting (COSP)

Circle of Security – Parenting (COSP) is for parents and caregivers with children birth to 5 years old to support caregivers' reflective capacity to optimize their understanding of the social emotional needs of infants, toddlers, and young children. Core components for model fidelity include video sharing and activity examples. Trained COSP facilitators share eight video chapters with caregivers and use prompts from the COSP curriculum to allow for reflection, on both the video content and caregivers' own lives, beliefs, histories, and struggles. Participants will meet #Field 1, #Field 2. Meetings will be held as #Field 3. Participants meet in a calm; private space and children are not present (babies under 6 months are welcome if desired). COSP facilitators must complete the COSP Facilitator Training.

#Field 1

- In-person
- Virtually
- There will be multiple groups and participants, some will participate in-person, and some will be virtual.

#Field 2

- One on one
- In groups
- Multiple options will be offered some will be one-on-one and others will be groups

#Field 3

- 90-minute sessions offered weekly for 8-10 consecutive weeks
- 60-minute sessions 10+ consecutive weeks
- Multiple sessions will be offered, some will be 90-minute sessions offered weekly for 8-10 consecutive weeks and others will be 60-minute sessions 10+ consecutive weeks.