

# Quotes and Stories about COS

May 3, 2012

**"I've been to so many parenting classes and nobody ever talked about this. It is exactly what I need."**

**"You aren't fixing our kids, you're fixing us!"**

Both quotes are from parents; shared by Cindy Roberts, Eugene, OR (1/26/10 email)

**"He is just doing that to get back at me."**

*(Mother of 18 month old)*

**"I never knew he was communicating his needs to me."** *Same mother after completing 20-week COS group*

Shared by Anne Stone, Portland, OR, Northwest Early Childhood Institute, phone call, 9/29/08

**"I thought she (*her daughter*) was always looking for attention. But, it wasn't attention. She was looking for connection."** Quote is from a mother in chapter four, Circle of Security Parenting DVD, 2010

**"What did you do to my husband?"**

Quote is from a mother who liked the changes in her husband's parenting after he completed a COS Parenting group; shared 5/18/1011 by Mindy Centeno at Help Me Grow Meeting in New Haven, CT

**"After working with parenting education groups/classes for 13 years, I have never seen a group of mandated attendees asking for more information at the end of the first class (Circle of Security Parenting). Parents were saying "Can you tell us more." "Tell us more about the Circle." "How does this work". Attendees actually wanted to keep going to the next chapter! Since the first class, all of the original attendees have completed the class. No drop-outs!! Truly amazing curriculum."**

Wendy Yagarich, Program Manager, Madonna Place, Norwich, CT; shared 3/1/11

**"The Circle of Security breaks the action-reaction cycle."**

Joanne Brown, Attachment Network of Manitoba, call on 6/11/09

**"... secure attachment and healthy early relationships are the foundations for everything else that follows....without it healthy development is impossible."**

Kristie Skoglund, Ed. D, LMHC, The Florida Center for Early Childhood, 7/26/2011 email

**"If I had \$37 billion, I would focus it on the crucial node where attachment skills are formed: the parental relationship during the first few years of life. I'd invest much of it with organizations, like Circle of Security, that help at-risk mothers and fathers develop secure bonds with their own infants, instead of just replicating the behaviors of their own parents. I'd focus on the real resource crisis that afflicts the country. It's not the oil shortage. It's the oxytocin shortage."**

David Brooks, Of Human Bonding, New York Times, July 2, 2006;

<http://query.nytimes.com/gst/fullpage.html?res=9E03E7DB1530F931A35754C0A9609C8B63&pagewanted=print>

**"I thought I might also tell you about my first conscious experience of Circle of Security in practice with my daughter after I had the initial training with I think Bert in Brisbane (I think I was in one of the first two day groups here). My daughter was around 7 and when she got really upset and I got disregulated (or I heard shark music) I would routinely send her to her room "to sort herself out and come back when she was calm" and then we would talk about it (or I would talk about why it wasn't ok to carry on like that). I realize now that I sent her to her room mostly because it made me feel angry/disregulated myself when she was like this.**

**Anyway this one day we were in that cycle and I think I had actually told her (perhaps yelled at her) to go to her room (to sort herself out)...when I thought I that maybe I should try some "time in" (kind of test that COS stuff). So I followed her down the hallway - and it twigged that I felt really angry and had some serious shark music happening - I was so disregulated I couldn't get my head together or trust my emotions to even speak, so I just held my arms out to her and motioned with my hands to indicate a hug. She fell into my arms sobbing and wailing, and we just sat down where we were (me still not having any words, and just managing not to push her away so great was my desire to avoid her big emotions). I swear to God about a minute later, she got up...said "Thanks Mum, that really helped" and went on her way quite calm and happy...meanwhile I was still all over the place emotionally, unable to speak and had to breath a bit to calm down. It absolutely astounded me, and does to this day.**

**It is something that I sometimes share with colleagues or parents when they are skeptical or don't really see how time in can work...I suggest that they give it a chance, but to be aware that it's really hard sometimes. What surprised me was how hard it was for me to do that, and how much I had to stop myself pushing her away - I was really wanted to avoid that "big" emotion and just wanted her away from me.**

**That experience of "time in" made my shark music so much less in consequent times of high emotion from my daughter. I started to see her emotions from a developmental perspective rather than as something she was "doing to me" (or that I had done to her) or as something I needed to be in control of, and saw my role as someone to help her deal with/manage things rather than teaching her a lesson and realized that my presence was a great comfort to her, in difficult times as well as fun and play.**

**I can't express how surprised I was that it worked, and worked so quickly, and that she actually thanked me and said it really helped. Blows me away to this day, I swear."**

Shared by a mom in Australia who is a child health nurse and had taken COS 2-day training; shared via 5/3/2012 email from Kent Hoffman with full permission of the mom.