



# Circle of Security Caregiver Reflection Survey 2023-24

You have just completed Circle of Security Parenting. This is to inform you that United Way of greater New Haven is using the information from this survey to evaluate this program. By taking this survey, you are agreeing that your information can be used for the evaluation. All data collected will only be summarized as a group. No individual responses will be reported. If you do not wish to participate in the evaluation, please do not complete this survey.

\* Required

## Participant Information

1. Please provide your participant ID for agency records, type your first and last name initials and the last two digits of your phone number (i.e KT37)

\*

2. Today's Date \*

3. Name of your group's facilitator \*

4. What Agency provided this Circle of Security group? (If unsure please ask your facilitator) \*

5. How old are you? \*

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- Over 65

6. To which gender do you most identify? \*

- Woman
- Man
- Non-binary
- Prefer not to say
- Other

7. What town are you from? \*

8. What is your current relationship status? \*

- Single
- Married
- In a serious relationship but not married
- Divorced
- Separated
- Widowed
- Other

9. Please select one or more of the following groups in which you consider yourself to be a member. \*

- Black or African American
- Hispanic/Latino
- Asian
- Native American
- White
- Other

10. Do you qualify for state benefits? This includes things like TANF, SNAP, WIC, etc. \*

- Yes
- No
- Some but not all

Please have one child in mind as you participate in Circle of Security.

11. How old is this child? \*

0 - 1

1 - 3

4 - 6

7+

12. What is your relationship to the child? \*

Parent

Stepparent

Foster Parent

Adoptive Parent

Grandparent

Other adult relative

13. Do you consider yourself to be the primary caretaker of this child? \*

Yes

No

14. What is the child's gender? \*

Female

Male

Other

15. How many total children do you have? (Enter number only) \*

16. How many total children currently live in your home? (Enter number only)

\*

## Reflection Questions

17. Please reflect on your experience of participating in Circle of Security (COS-P) and respond to the questions below. \*

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. Meeting with a group of other caregivers was helpful to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. The leader did a good job of working with my group.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18. Why did you decide to enroll in Circle of Security? \*



19. Please select the option that best describes how much you agree or disagree with the statement BEFORE you attended the Circle of Security Parenting program and NOW, after you completed the Circle of Security Parenting program. \*

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
My level of stress about parenting is high. BEFORE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My level of stress about parenting is high. NOW	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

20. Please select the option that best describes how much you agree or disagree with the statement BEFORE you attended the Circle of Security Parenting program and NOW, after you completed the Circle of Security Parenting program. \*

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I have a positive relationship with my child. BEFORE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a positive relationship with my child. NOW	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

21. Please select the option that best describes how much you agree or disagree with the statement BEFORE you attended the Circle of Security Parenting program and NOW, after you completed the Circle of Security Parenting program. \*

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I recognize the behaviors that trigger my negative response to my child. BEFORE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I recognize the behaviors that trigger my negative response to my child. NOW	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

22. Please select the option that best describes how much you agree or disagree with the statement BEFORE you attended the Circle of Security Parenting program and NOW, after you completed the Circle of Security Parenting program. \*

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I identify and respond to my child's needs for support to explore and for comfort and contact. BEFORE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I identify and respond to my child's needs for support to explore and for comfort and contact. NOW	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

23. Please select the option that best describes how much you agree or disagree with the statement BEFORE you attended the Circle of Security Parenting program and NOW, after you completed the Circle of Security Parenting program. \*

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
When I fail to respond to my child's need and we have a falling out I look for a way to make things better. BEFORE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I fail to respond to my child's need and we have a falling out I look for a way to make things better. NOW	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

24. Please select the option that best describes how much you agree or disagree with the statement BEFORE you attended the Circle of Security Parenting program and NOW, after you completed the Circle of Security Parenting program. \*

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I step back and think about what my child's behavior is telling me about their needs before I react. BEFORE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I step back and think about what my child's behavior is telling me about their needs before I react. NOW	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

25. Please select the option that best describes how much you agree or disagree with the statement BEFORE you attended the Circle of Security Parenting program and NOW, after you completed the Circle of Security Parenting program. \*

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I feel confident that I can meet the emotional needs of my child. BEFORE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel confident that I can meet the emotional needs of my child. NOW	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Circle of Security Concepts

26. Please review the list of concepts from COS and check off the THREE that were most powerful for you. \*

- Shark Music from the past interferes with seeing our child's needs in the present.
- Always be Bigger, Stronger, Wiser and Kind.
- Finding balance: Bigger and Stronger but not mean, Wiser and Kind but not weak.
- Recognizing and attending to the different needs at the top and bottom of the Circle.
- A "cue" shows a need and a "miscue" hides a need.
- Recognizing ruptures and making repairs in relationships.
- When a parent is Mean, Weak or Gone, frightened children have no hands on the Circle to turn to.
- When caregivers help children organize their feelings, they are "filling their emotional cup".
- Children learn to recognize parents' shark music and miscue about their own needs for exploration or comfort.
- Children's behavior is an expression of a need.
- When children are seeking "connection" it can look like seeking "attention".
- "Being With" a child and accepting their full range of emotions is the fastest way to calm them down.

27. Please pick your top choice from the three you checked above and explain why this concept is most important to you. \*



## Circle Of Security Reflection

28. Would you recommend COS to others? \*

- Yes
- No
- Maybe

29. Do you think what you learned in COS is applicable to other relationships in your life? If yes, please describe. \*

30. Is there anything else you would like to tell us about your experience with Circle of Security?

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