



Circle of Security-Parenting Caregiver Reflection Survey 2024-25

You have just completed Circle of Security-Parenting (COSP). 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. Please provide an email address where we can send you an electronic gift card to thank you for completing this survey. *

3. Today's Date *

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

5. Please have one child in mind as you answer questions about COSP. How old is this child? *

0 - 1

1 - 3

4 - 6

7+

6. What is your relationship to the child? *

Parent

Stepparent

Foster Parent

Adoptive Parent

Grandparent

Other adult caregiver

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

Circle of Security-Parenting (COSP) Concepts

8. Please review these concepts from COSP and check off the ones that were the most powerful for you. *

- Shark Music from the past interferes with seeing our child's needs in the present.
- Seek to balance being Bigger and Stronger but not mean, Wiser and Kind but not weak.
- Recognize the different needs at the top and bottom of the Circle and be both a secure base and a safe haven.
- Recognize ruptures and make repairs in relationships.
- Understand that 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 fills their "emotional cup."

9. Please pick one of the concepts you checked above and explain why it is most important to you. *

Reflection Questions

10. Why did you decide to enroll in Circle of Security-Parenting (COSP)? *

11. Please reflect on your experience participating in Circle of Security-Parenting (COSP) 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"/>

12. For the next seven questions, please select the options that best describe how much you agree or disagree with the statement BEFORE you attended the Circle of Security-Parenting (COSP) program and NOW, after you completed COSP.

Stress: *

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

13. Positive Relationship: *

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

14. Triggers/Shark Music: *

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
BEFORE COSP: I recognized the behaviors that triggered my negative responses to my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NOW/AFTER COSP: I recognize the behaviors that trigger my negative responses to my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. Secure Base/Safe Haven: *

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

16. Rupture/Repair *

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
BEFORE COSP: When I failed to respond to my child's need and we had a falling out, I looked for a way to make things better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NOW/AFTER COSP: 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.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. Needs: *

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

18. Confidence: *

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

19. Would you recommend COSP to others? *

- Yes
- No
- Maybe

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

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

Demographic Info

22. How old are you? *

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

23. Which gender do you most identify with? *

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

24. What town are you from? *

25. What is your current relationship status? *

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

26. 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

27. Do you qualify for public benefits? This includes things like TANF, SNAP, WIC, housing, etc. *

Yes

No

Some but not all

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