



Circle of Security Parenting

Strengthening parent-child relationships through understanding, connection, and secure attachment

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Melissa holds a Master's degree in Mental Health Counseling and has been a Licensed Mental Health Counselor since 2015. Melissa is currently serving in the role as Vice President of Behavioral Health Services at The Florida Center for Early Childhood. Melissa specializes in treating children, birth to age 5, and their caregivers to improve parent-child relationships. Melissa has been a certified Zero to Three trainer in the DC:0-5, The Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood since 2020. She is an Infant-Mental Health Endorsed Professional at the Clinical-Mentor level through the Florida Association of Infant Mental Health, and is a qualified supervisor for the Florida Board of Mental Health Counselors. Melissa has completed specialized trainings in: Circle of Security Parenting, Child-Parent Psychotherapy, Child-Centered Play Therapy, and Fetal Alcohol Spectrum Disorders. Melissa is passionate about helping children process difficult experiences while supporting the family unit to enhance greater relationships for the future.



What is Circle of Security?

A Proven Parent-Child Intervention Model

Circle of Security Parenting (COS-P) is an evidence-based program designed to help parents and caregivers understand their child's emotional world. Developed by leading attachment researchers, this compassionate approach teaches parents to recognize their child's needs and respond with sensitivity.

The program uses simple, visual concepts to help parents support their child's secure attachment—the foundation for healthy emotional development, resilience, and lifelong relationships.

Video – COS-Connection

<https://youtu.be/F6DhnbgRAOo?si=u7kgwW3UnwrfQ0OB>





Core Benefits for Families



Enhanced Parent-Child Bond

Parents learn to read emotional cues and respond sensitively, deepening trust and connection with their children.



Emotional Development

Children develop better emotional regulation, self-confidence, and the ability to form healthy relationships throughout life.



Healing & Resilience

Families experiencing trauma or stress gain tools to repair relationships and build lasting security together.

Who Can Facilitate COS-P?

01

Mental Health Professionals

Licensed therapists, psychologists, clinical social workers, and counselors working with families and young children

02

Early Childhood Specialists

Early intervention specialists, infant mental health consultants, and child development professionals

03

Home Visitors & Educators

Home visiting program staff, parent educators, and early childhood program coordinators

04

Healthcare Providers

Pediatric nurses, family medicine practitioners, and other healthcare professionals supporting families

All facilitators complete specialized training through Circle of Security International, learning to deliver the program with fidelity and compassion.

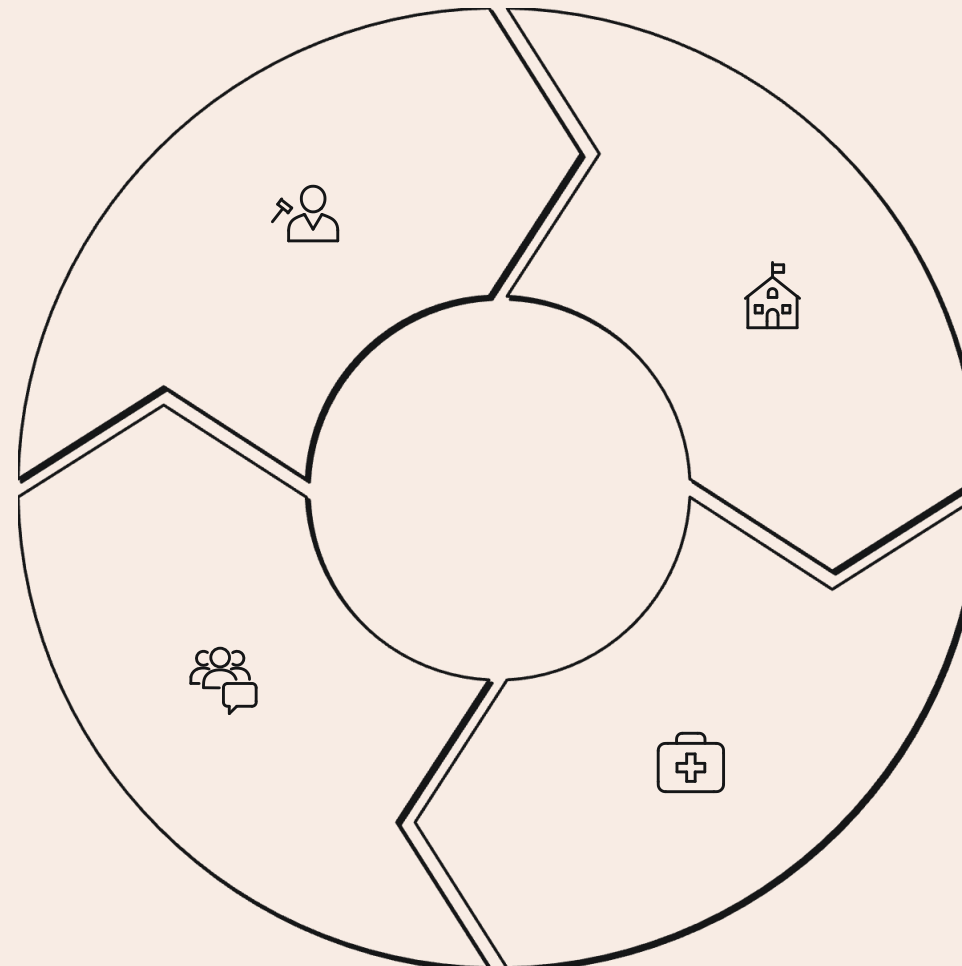
Implementation Across Systems

Safe Babies Courts

Mandatory for parents; supports reunification and trauma recovery

Community Programs

Universal prevention in home visiting and family support services



Early Learning

Consultation model strengthens educator-parent partnerships

Clinical Settings

Individual and group therapy for relationship repair and prevention

When integrated across systems, COS-P creates a shared language and approach that supports families wherever they receive services.

Measurable Impact Across Settings

75%

Improved Security

Percentage of children showing increased secure attachment after parent completes COS-P

60%

Reduced Disruptions

Decrease in behavioral incidents in early learning settings using COS-P consultation

2x

Faster Reunification

Safe Babies Court Teams see doubled reunification rates with COS-P integration

90%

Parent Satisfaction

Parents report increased confidence and understanding of their child's emotional needs

Evidence demonstrates that COS-P creates lasting change across diverse settings and populations, making it a cornerstone intervention for early childhood systems.

Building Secure Futures Together

"Circle of Security Parenting doesn't just change how parents respond to their children – it transforms how families understand connection, repair, and resilience for generations to come."

📄 Ready to learn more? Visit circleofsecurityinternational.com to find training opportunities, facilitator resources, and research supporting this transformative approach to parent-child relationships.





Circle of Security

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The end.



Thank you!

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