

THE RELATIONSHIP NEEDS TO BE THE ANSWER TO YOUR PARENTING PROBLEMS

Being a parent is no easy feat. It might feel like you're left in a new place without a map to navigate through. What makes it even harder is that our children don't come with an instruction manual. Often times, when you're with your child, there might even be moments where you're left with the question, "What do you want from me?"

Could your child already be trying his/her best to communicate what he/she needs? Another way to look at it is that our children are the instruction manual. To learn to read our children's instructions, we need to understand how to focus our attention on them, because our children's needs are often hidden in the everyday rush and bother of parenting. Simply put, there are two core needs your child requires you to attend to. Children want to share a relationship with caring adults in order to feel safe and secure enough to learn about their world.

They also require a sense of comfort and security that they have their parents' full support to go out and discover their new world. Almost everything you need to know about supporting security can be easily summed up in 25 words or less - "Always be bigger, stronger, wiser and kind. Whenever possible, follow your child's need. Whenever necessary, take charge".

We are not expected to be perfect parents, nor be able to meet their needs all of the time. All your child requires of you is to be good enough. This means that there is room to make mistakes in parenting. It's never too late.

Circle of Security Parenting is a relationship-based early intervention programme to enhance attachment and security between parents and children.



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The programme aims to provide a roadmap to enable the parent to understand his/her child's behaviours and needs, and thus increase the parent's inference and reflective function skills through observing their interactions with their child. It also helps parents to learn how they can teach their children to manage their emotions, and identify links to problem behaviours. Parents are invited to reflect upon their own experiences of being parented and how it impacts their parenting. The programme also provides a safe environment where parents can identify their strengths and struggles and rupture and repair relationships.

More information about Circle of Security Parenting intervention programme is available here: <https://www.circleofsecurityinternational.com/>.

In Singapore, the Circle of Security Parenting programme is facilitated by registered Circle of Security Parenting facilitators from the Department of Psychological Medicine, KK Women's and Children's Hospital. For more information about the programme, please contact 6394 2205.

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