

Circle of Security Participant Reflection Survey 2026-27

You have just completed Circle of Security-Parenting (COSP) or Circle of Security-Classroom (COSC). United Way of Greater New Haven will use the information from this survey to provide feedback on this program to the providers and the funders, and we greatly appreciate you taking the time to respond.

1. To help us track response rates, please type your first and last name initials and the last two digits of your phone number (i.e. KT37).

2. Please provide your email address.

3. What organization provided this Circle of Security group?

- ☐ All Our Kin
- ☐ Christian Community Action
- ☐ Children's Community Programs
- ☐ Cornell Scott Hill Health Center
- ☐ East Shore Health District
- ☐ East Haven Public Schools
- ☐ EMERGE CT
- ☐ Family Centered Services
- ☐ Hamden Partnership for Young Children
- ☐ West Haven Family Resource Center
- ☐ Other _____

4. What was the name of your facilitator(s)?

5. If you are a parent, how old is your **youngest** child? If you are an educator, what age group do you (**primarily**) work with?

- ☐ Under 3
- ☐ 3-5
- ☐ 6+

6. How many **TOTAL** children do you have - or teach? (**Enter number only**)

7. What is your relationship to the child(ren) you focused on during this program? (If you are a teacher and also a parent, but you were here in your role as a teacher, please select teacher.)

- ☐ Parent
- ☐ Teacher/child care provider
- ☐ Stepparent
- ☐ Foster Parent
- ☐ Adoptive Parent
- ☐ Grandparent
- ☐ Other adult caregiver _____

Circle of Security Concepts

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

- ☐ Understand that children's behavior is an expression of a need.
- ☐ Recognize the different needs at the top and bottom of the Circle and be both a secure base and a safe haven.
- ☐ Shark Music from the past interferes with seeing our child's needs in the present.
- ☐ "Being With" a child and accepting their full range of emotions fills their "emotional cup."
- ☐ Seek to balance being Bigger and Stronger but not mean, Wiser and Kind but not weak.
- ☐ Recognize ruptures and make repairs in relationships.
- ☐ When children are seeking "connection" it can look like seeking "attention."
- ☐ Other:

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

Reflection Questions

10. Why did you enroll in this Circle of Security group?

11. Please reflect on your experience participating in Circle of Security and respond to the questions below:

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Meeting with other caregivers as a group was helpful to me:					
The leaders did a good job working with this group.					

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

12. STRESS	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
BEFORE COS: My level of stress about parenting/teaching was high.					
NOW/AFTER COS: My level of stress about parenting/teaching is high.					

13. NEEDS	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
BEFORE COS: I stepped back and thought about what my child/students' behavior was telling me about their needs before I reacted.					
NOW/AFTER COS: I step back and think about what my child/students' behavior is telling me about their needs before I react.					

14. CONFIDENCE	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
BEFORE COS: I felt confident that I could meet the emotional needs of my child/students.					
NOW/AFTER COS: I feel confident that I can meet the emotional needs of my child/students.					

15. TRIGGERS/SHARK MUSIC	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
BEFORE COS: I recognized the behaviors that triggered my negative responses to my child/students.					
NOW/AFTER COS: I recognize the behaviors that trigger my negative responses to my child/students.					

16. SECURE BASE/SAFE HAVEN	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
BEFORE COS: I identified and responded to my child/students' needs for support to explore, and for comfort and contact.					
NOW/AFTER COS: I identify and respond to my child/students' needs for support to explore, and for comfort and contact.					

17. Would you recommend Circle of Security to others?

- ☐ Yes
☐ No
☐ Maybe

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

Demographic Info

19. How old are you?

- ☐ Under 18
- ☐ 18-34
- ☐ 35-54
- ☐ Over 55

20. Which gender do you most identify with?

- ☐ Woman
- ☐ Man
- ☐ Non-binary
- ☐ Other

21. What town do you live in?

- ☐ New Haven
- ☐ East Haven
- ☐ West Haven
- ☐ Hamden
- ☐ Bethany
- ☐ Branford
- ☐ Madison
- ☐ North Branford
- ☐ North Haven
- ☐ Orange
- ☐ Woodbridge
- ☐ Other _____

22. 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

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

- ☐ Yes
- ☐ No
- ☐ Some but not all

*Thank you for providing feedback on your experience with the
Secure Start initiative of the **United Way of Greater New Haven.***