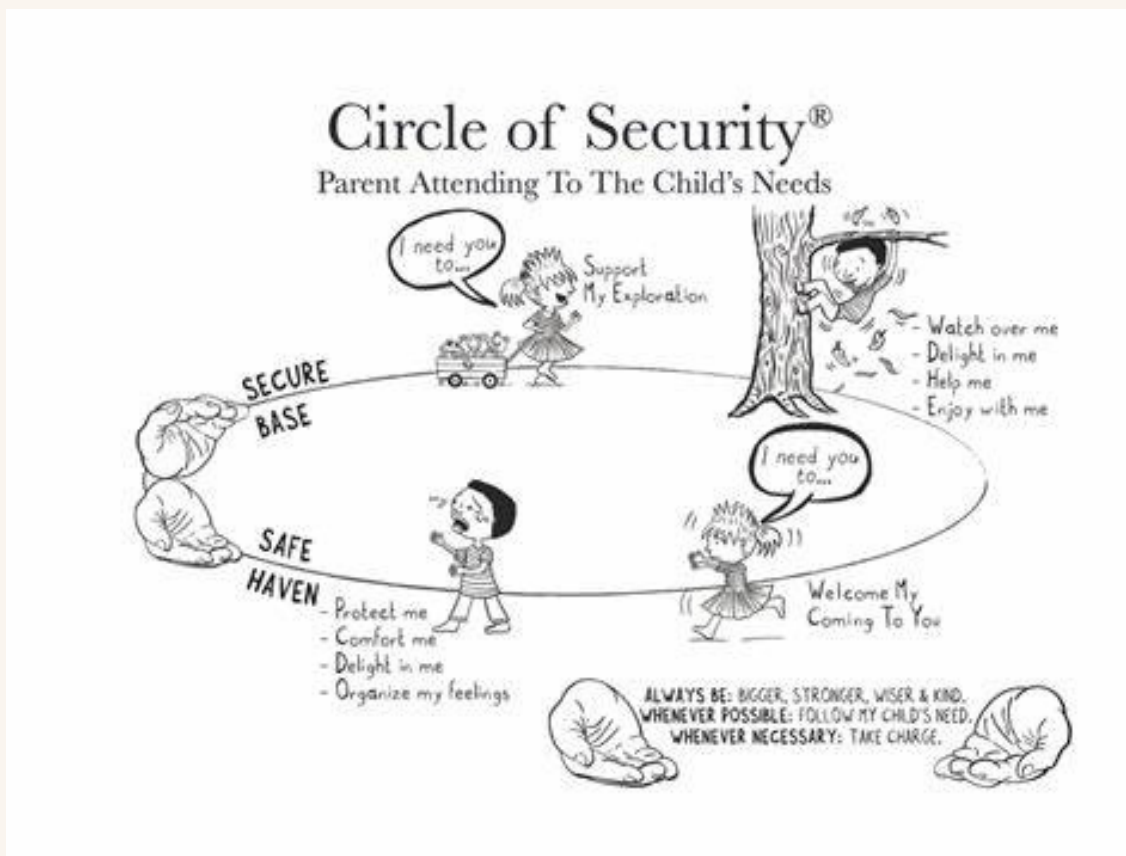


Secure attachment is key to a child's growth:



The Circle of Security tells us that secure attachment is key to a child's development.

We are the secure base from which a child gains confidence to go out and explore - we can keep an eye on them, facilitate their learning as well as delight and enjoy in their curious adventures.

We are the safe haven for the child to come back to when they need help for protection, comfort, delight as well as organising of feelings. And when they are ready, they will go out and explore the world again. As they grow older, they may develop an innate or alternative resource of security and safety.

"Intimate attachments to other human beings are the hub around which a person's life revolves, not only as an infant or a toddler or a schoolchild but throughout adolescence and years of maturity as well, and on into old age.

From these intimate attachments a person draws strength and enjoyment of life and, through what he contributes, gives strength and enjoyment to others.

These are matters about which current science and traditional wisdom are at one." (Bowlby, J. (1980) Attachment and Loss: Volume 1. Attachment. Basic Books: New York.)

For more info on the Circle of Security, please visit: [here](#).