**Circle of Security Parenting Interview**

Name:

Date:

**ABOUT YOUR CHILD**

How was the birth?

How was your child after birth?

How did you feel at the time?

Is there anything else you would like to add about this time?

Are there other people in your life who help raise your child? Who they are and how they are helpful?

**YOUR RELATIONSHIP WITH YOUR CHILD**

I’d like to ask you some questions about your day-to-day relationship with your child. Please choose five words or phrases that describe ***your relationship***with your child. I know this may take a bit of time, so go ahead and think for a minute, and then write down each word or phrase:



**Word 1**. You used word \_\_\_\_\_\_\_\_\_\_ to describe your relationship with your child. Please give me a specific example or incident that comes to mind that shows what you mean by saying that:

**Word 3**. You used word \_\_\_\_\_\_\_\_\_\_\_ to describe your relationship with your child. Please give me a specific example or incident that comes to mind that shows what you mean by saying that:

**Word 5**. You used word \_\_\_\_\_\_\_\_\_\_\_ to describe your relationship with your child. Please give me a specific example or incident that comes to mind that shows what you mean by saying that:

**What gives you the most joy in being your child’s parent?**

a. Would you give me an example?

b. What do you imagine your child was thinking about you at that time?

c. As you remember this example, what do you think about yourself?

**What gives you the most pain or difficulty in being your child’s parent?**

a. Would you give me an example?

b. What do you imagine your child was thinking about you at that time?

c. As you remember this example, what do you think about yourself?

**What is your greatest fear as your child’s parent?**

**Does your childever get silent or pull away from you?**

Yes / No

**If yes:**

a. What do you think your child is feeling at those times?

b. Why do you think your child does that?

c. How do you feel when your child acts that way?

d. What do you do?

**Does your child ever get clingy, pouty, or act younger than her age?**

Yes / No

**If yes:**

a. What do you think your child is feeling at those times?

b. Why do you think your child acts that way?

c. How do you feel when your child acts that way?

d. What do you do at those moments?

**Do you think your child knows when you are upset or distressed?**

Yes / No

**If yes:**

a. How does your child know that you are upset or distressed?

b. Does your child ever try to soothe you?

c. How does your child do that?

d. How does your child’s soothing make you feel?

e. When your child soothes you, what do you imagine your child is feeling?

**All parents have moments of irritation or anger with their children.**

a. What’s that like for you?

b. If you had to guess, what is your child thinking about you at these times?

c. What are you thinking about yourself?

**Does your child ever get scared of you?**

Yes / No

**If yes:**

How can you tell?

What does your child do at those times?

**Does your child ever get angry or frustrated with you?**

a. What’s that like for you?

b. If you had to guess, what is your child thinking about you when your child is angry and irritated?

c. What are you thinking about yourself?

**Are there ever times when your child is irritated or angry with you that it’s frightening for you**?

Yes / No

**If yes:**

a. What do you do at those times?

**Sometimes children want to do things their own way, a way that is very different from what their parents may want.**

**Does this ever happen between you and your child?**

Yes / No

**If yes:**

a. Please describe a recent incident when this happened.

b. Did you work it out? If so, what happened? (i.e., What did your child do and what did you do?)

c. If not, what happened?

**Can you describe a time when it felt like your child was being “impossible”?**

a. What did you do to make things better?

**If you could change one aspect of your relationship with your child, what would that be?**

**Some parents believe their child came into their life for a particular reason.**

a. Have you ever thought about your child in this way? Yes / No

b. If so, can you briefly tell me the reason you think that your child is in your life?

**YOUR CHILDHOOD**

Now I’d like to ask you a few questions about your own experience growing up as a child in your family.

**Who was primarily responsible for raising you? Please name one or two people:**

**Earlier, we talked about what your child does when he is upset or needs comforting from you. Now I’d like to ask you:**

a. As a young child, as far back as you can remember, what did you do when you were upset or distressed?

b. What did your primary caregiver/s do?

c. Do you remember being held at these times?

**All children, as they are growing up, have times when they want to do things their own way. Think back as far as you can remember and tell me about a time when you wanted to do something your way:**

a. How did your primary caregiver/s react?

b. How did that make you feel?

c. How old were you?

**Is there something you learned from the way you were parented that you would like to pass on to your child?**

**Is there something in the way you were raised that you don’t want to repeat with your child?**

**I have one final question. What do you hope your child learns from his experience of being parented by you?**

**THANK YOU**