

# CIRCLE OF TRUST

How to Help Your Child Feel Safe When Your Own World is Turned Upside Down



Mom and Dad,  
All this chaos feels too big for me.  
Sometimes I might feel OK. But  
sometimes I don't. When I feel sad  
or scared I might cling or get real  
quiet or act out of control. At those  
times I'm telling you I don't know  
what to do with how I'm feeling.

I'm really saying please help me. I need  
you because I'm often still scared and  
confused. You may not realize how much  
you help me just by being with me.

- I need you to:
- ◆ Talk with other adults and let them help you trust in the future
  - ◆ Be in Charge
  - ◆ Be kind
  - ◆ Give me predictable daily routines
  - ◆ Sit down with me often, offer soothing reassurance, and let me know it's still OK to be afraid

The Circle of Trust applies to children of all ages  
See: [www.circleofsecurity.org](http://www.circleofsecurity.org)