



We know that there are many questions that come up regarding a parenting workshop - below are some of the most common questions we get asked.

- ***My family is different....will the training still be helpful?***
 - The examples in Circle of Security focus on birth to 5 years of age but the applications are far greater! Many conversations with past participants explore how the lessons in Circle of Security can be applied to relationships with children of all ages, friends, and even spouses. Whether you are married or co-parenting, whether this is your first child or your third, we welcome you to learn and reflect on attachment and relationships.
- ***Can baby come with us?***
 - Yes! We love it when babies join us for the workshop - because the class focuses on bonding with baby, what better practice than the interruption and distraction that comes with baby! However due to space constraints and because we want you to be able to participate in workshop conversations completely, we ask that infants or children who are now crawling or walking stay home with a friend, family member, or babysitter.
- ***What kind of space is available for pumping and feeding?***
 - There is a separate room with a comfortable chair and couch for pumping and feeding. If more than one couple is trying to pump during break, you may need to share the space. We ask that if you have moved into the room for privacy, that you be respectful of other workshop participants who are also sharing the room.
- ***I don't know if we can attend all of the sessions - is it still worth it?***
 - Circle of Security is divided into a series of chapters and each chapter builds on previous chapters, so it is important to attend all of the sessions. There is no refund or discount for missing sessions in the workshop.
- ***What is your cancellation policy? What happens if one of us gets sick?***
 - We try to accommodate changes in schedules as much as we reasonably can. We know being a new parent is tough! Cancellations made two weeks before the first session or earlier are entitled to a refund, minus a \$50 processing fee. Cancellations made after the two week deadline are refunded at 50% of the workshop cost. If you cancel within two weeks of the start of the series, we

will work with you to reschedule your attendance to the next available workshop. There are no refunds if you do not show up to the sessions without notifying the facilitators at transitiontoparenting@gmail.com. We also know that there are many illnesses going around this year; if you find yourself sick the night before or morning of the workshop, please notify us immediately - we want to be respectful of pregnant participants or new babies in attendance and want you to be able to take care of yourself! Please reach out to the facilitators at transitiontoparenting@gmail.com. Depending on schedules, the facilitators will offer to discuss options for a make-up session (additional fees may apply). There is no refund or discount for missing sessions.

- ***My partner and I are expecting - can we still take the workshop?***
 - This is really a personal choice - and sometimes dependent on scheduling! While the series is applicable to pregnancy and learning about bonding, many parents find it more helpful to take the Circle of Security class after baby has arrived. The workshop is open to parents of infants, toddlers, and children of all ages. We encourage you to take the workshop and learn how to meet your child's needs and wants!

Please feel free to contact us at transitiontoparenting@gmail.com if you don't see your question answered here!