

UNTIL YOUR NEXT SPIRAL

I hope this information gives you a greater sense of confidence and empowerment. I believe you won't have to look back and wish you would've done these simple things. And all I know about the nervous system, I believe this matters the most.

Your baby is extra lucky! And I'm so happy you have this going in, for you both. When you know the power of attachment and how our nervous systems shape our lives, you'll know the gift you are giving them.

Come back to this often to remind yourself of the power of attachment. And the power of your presence in its simplicity will keep you deeply connected to your baby.

Enjoy this beautiful time with your baby. It's not easy, but it happens once and is truly such a short time. You'll hear it from everyone, all the time, and you won't always feel it yourself, but try to be in the moments when you can and when you are, soak them up. They will carry you through the harder ones. Try to step back and think of all you've learned here. Give yourself and your baby grace, patience and compassion. You'll be doing everything, by doing just that! Let the pressures of the world and your inner voice go for this time. Let stillness and presence be your guide and your intuition will be able to support you best.

If you're already a year in or when you are...come back to continue your spiral with me! ☺ To have all the knowledge and understanding at your core as you go through this journey will be invaluable. The influence and impact of the nervous system and attachment is what we should all know as the basis of our parenting.

The Foundational and Fundamental Spirals will prepare you and give you this as your foundation.

Thank you for being here.
Message me anytime for anything!
Love + Light,
Jen