

# WELCOME

How grateful I am to have you here. Welcome!

I know our connection is not by chance, so thank you so much for showing up ☺

This Spiral is extra special to me because I wish I would've known...I don't know why this isn't the number one thing we're told to do. You won't have to look back and wish you would've done these simple things. Just knowing you have this makes me SO happy. And all I know about the nervous system, I truly believe this matters the most.

I want to acknowledge you for this brave step. I perceive your child will one day know, you went above and beyond. You're choosing more and on levels that we don't even know will create different futures for them, then we've experienced. The impact of your healing and the tools you'll give them will be invaluable.

Know this isn't ordinary and I'm honored to be connected to another mother who feels on the same level that I do, our children deserve it and are worth it. When we know better, we do better. You're changing the course of your entire family and every future generation.

Attachment theory will change your understanding of babies forever!

This is how you give them the absolute best start because it's what carries them through their whole lives. This establishes how they will function emotionally and psychologically in every relationship. This is their blueprint for how others will receive, respond to and meet their emotional and physical needs.

This is the most critical piece to their development. Nothing else is as important. You need to know how to attune to them and provide secure attachment. And you're going to have all the foundational information on how to do it right, from the very beginning.

Your baby is extra lucky! When you know the power of attachment and how our nervous systems shape our lives. You will know the gift you are giving them.

**I send you all the best throughout this Spiral.**

**Love + Light to you + your baby!**

**Let's begin ☺**

**Jen**