

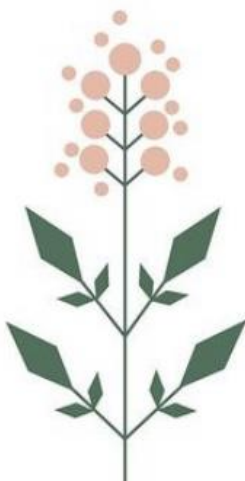
What happens in childhood doesn't stay in childhood.

It integrates into:

our nervous systems

our social instincts

our sense of worthiness



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attachmentnerd If you are a parent and you are doing the work to stay calm, kind, and consistent with your children, you are not spoiling them, you are giving them an opportunity to have a regulated nervous system, an instinct for connecting with others, and a strong sense that they are worthy.

If you are a person who had a rough childhood, please be kind to yourself now, because your body, relationships, and sense of self deserve a season of nurture to heal whatever hurt you had to endure when you were small.