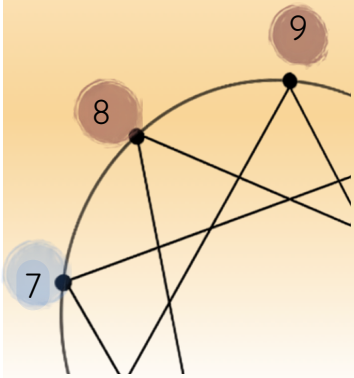
THE ATTUNED PARENT PROJECT™

BECOMING THE PARENT THEY NEED™



THE ATTUNED MOTHER: WHEN MOTHERS FLOURISH, FAMILIES FLOURISH

A program designed to help mothers cultivate self-awareness, emotional agility, and deeper attunement with themselves and their children.



"You can only attune to another to the degree you attune to yourself."

-Team TAPP

A Human Development Initiative for Mothers

At **The Attuned Parent Project (TAPP)**, we believe that a mother's well-being is not separate from her child's well-being. When mothers feel emotionally supported, understood, and connected to themselves, they create the conditions in which children and families can flourish.

Unlike traditional parenting programs that focus primarily on children's behaviour, **The Attuned Mother begins with the mother.**

Through the integration of attachment science, interpersonal neurobiology, nervous system awareness, trauma-informed practice, and the Enneagram, mothers gain practical tools to better understand themselves, regulate emotions, navigate the challenges of motherhood with greater confidence, and strengthen their relationship with their children.

The Attuned Mother is more than a parenting program. It is a journey of self-awareness, growth, and transformation that empowers mothers to care for themselves with compassion while creating emotionally safe, connected relationships that can positively influence generations.

The Enneagram as a Tool for Self-Awareness and Self-Care

Within TAPP, the Enneagram helps mothers understand the motivations, strengths, blind spots, and patterns that influence how they think, respond, and relate to those they love.

As mothers deepen their self-awareness, they strengthen their capacity for emotional regulation, self-compassion, and attunement—creating healthier relationships with themselves, their children, and their families.

When mothers flourish, families flourish.

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The Attuned Mother
Immersive Experience (3 Hours)

A transformational experience that begins within the mother and strengthens every relationship that follows.

Motherhood is one of life's greatest invitations to grow. Every interaction with our children is shaped by our own experiences, emotional patterns, nervous systems, and capacity for self-awareness. As mothers become more attuned to themselves, they naturally become more present, responsive, and emotionally available for their children.

Grounded in attachment science, interpersonal neurobiology, trauma-informed practice, nervous system awareness, and the Enneagram, this immersive experience helps mothers better understand themselves so they can build deeper, healthier relationships with the people they love. Rather than striving for perfection, participants discover how self-awareness, self-attunement, and emotional regulation create the foundation for secure attachment, resilience, and lasting connection.

Mothers Will Explore:

- The Enneagram as a tool for self-awareness and personal growth
- Self-awareness, self-attunement, and emotional regulation
- How childhood experiences and attachment patterns influence motherhood
- The impact of nervous system regulation on parenting and family relationships
- Emotional safety, attachment, and co-regulation
- Practical strategies for cultivating presence, connection, and compassionate parenting

Participants Will Leave With:

- Greater self-awareness and emotional agility
- Practical tools for responding rather than reacting during challenging moments
- Increased confidence navigating motherhood with intention and compassion
- Strategies for strengthening secure attachment and emotional connection with their children



At TAPP, we believe that the most important relationship a mother nurtures is the one she has with herself. As mothers cultivate greater self-awareness, emotional regulation, and authentic presence, they strengthen their ability to create relationships rooted in safety, trust, and connection.

Our goal is not to help mothers become perfect.

Our goal is to help mothers become **more aware, more attuned, more emotionally resourced, and more deeply connected**—to themselves, to their children, and to the families they are helping shape.

Transformation begins within the mother.

When mothers flourish, families flourish.