

INTRODUCING

# Cubs Circle

A neuroscience guided beginning to  
lifelong emotional security

Attachment doesn't begin at birth.

It begins earlier, in the quiet of pregnancy,  
in the rhythm of your breathing, in the sound  
of your voice before your baby ever opens  
their eyes.

Cubs Circle is an intentional space  
where mothers are genuinely seen,  
heard and guided through one of  
the most transformative  
experiences of their lives.

In partnership with



## Why Baby Bonding Matters

Neuroscience has confirmed what many mothers already feel intuitively. Your baby's brain is being shaped right now.

Through emotional rhythm, voice recognition, touch, and the way you regulate yourself, you are already building the foundation for how your child will learn, relate, and move through the world.

When a mother understands this, really understands it, ordinary moments become something else entirely. Not tasks. Experiences. The beginning of a relationship that lasts a lifetime.



### Shaped around you, not a curriculum

Every mother arrives with her own emotional story.

Every baby does too.

Our facilitator doesn't run through a script. She listens first. Then she gently adapts, whether you're pregnant and beginning to connect through breath and awareness, or navigating the raw early weeks of newborn life.

You move at your own pace, supported the whole way through.





## Why only 5 families?

Because attachment cannot happen in a crowded room. It requires calm. Presence. Emotional safety.

Limiting each group to five families isn't a policy, it's the whole point! Space to actually share, not just listen.

It means your facilitator notices you. It means there's space to actually share, not just listen.

It means the learning goes deeper because it's built on real connection, not instruction.

## A note from our founder

"I brought Baby Bonding into Circles & Cycles because I believe mothers deserve to be truly held during the months that matter most.

When a mother feels supported and emotionally understood, secure attachment follows naturally. That deep sense of safety and trust doesn't stay in infancy. It carries forward into the preschool years, into the way a child eventually faces the world.

These months don't just shape a baby's beginning. They shape a mother's identity."

## What shifts for families who come through

- Stronger emotional bonding beginning in pregnancy.
- Improved infant emotional regulation pathways.
- Greater parental confidence and reduced anxiety.
- Clear understanding of baby communication.
- A sense of being seen and heard – for both mother and child.
- Foundations for lifelong emotional security.



Naama Singh

Want to know if Cubs  
Circle is right for you?

WE'D LOVE TO HEAR FROM YOU

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