

Enneagram & Parenting

Identify your strengths as a parent and see your child in their wholeness

Type 8 strengths: Protecting and justice-oriented. Your kids always know they've got someone in their corner.

Growth edge: Softness can be a strength too, especially with a sensitive kiddo.

Message for T8 Moms: Today, I will let love lead.

Type 9 strengths: Laid back, easygoing, and diplomatic. Your kids tend to feel listened to and respected.

Growth edge: Remember to include yourself - you matter too!

Message for T9 Moms: I make a difference and can step into the fullness of my own life.

Type 1 strengths: Integrity and healthy boundaries. Your kids grow up with a strong sense of fairness in their family.

Growth edge: Be aware of when you are being too critical of yourself (and your kids). You are doing great!

Message for T1 Moms: Today, I will find the perfection in the imperfection.

Type 2 strengths: Generous with nurturing & caregiving. Your kids feel secure that you've got their needs covered.

Growth edge: Your needs matter as well - remember to give you some nurturing and caregiving.

Message for T2 Moms: Today, I will consider my own needs too.

Type 3 strengths: Spotlighting your kids achievements and strengths. You are your kids' biggest cheerleader!

Growth edge: Remember to set aside efficiency sometimes and have some fun just for fun's sake.

Message for T3 Moms: Today, I will slow down and bring my heart with me.

Type 4 strengths: Empathy and comfort. You give your kids space for all emotions to be okay and expressed.

Growth edge: Be aware of when you are withdrawing and creating stories that don't serve you (or your kids).

Message for T4 Moms: Today, I will trust that I belong. I will allow others to understand, accept, and support me.

Type 5 strengths: Wonder and curiosity. Your gifts of clarity and investigation makes life interesting and engaging.

Growth edge: Be aware of managing your energy to be available for the ups and downs of your kiddos.

Message for T5 Moms: Remember you are up for the task of parenting - even when you don't have all the data.

Type 6 strengths: Preparation keeps everyone safe and protected. Your kids benefit from your dependable nature.

Growth edge: Remember to have fun with your kids. You don't have to foresee every possible problem.

Message for T6 Moms: Today, I will let life love me.

Type 7 strengths: Fun and adventure. Your kids feel included and appreciate that you engage childhood with them.

Growth edge: Remember to engage with rest along with adventure, especially if you have introverted kids.

Message for T7 Moms: Today, I will be content with this moment.

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