



nurturedlife

ENHANCING THE FIRST TWO YEARS OF LIFE

August 2018 newsletter

about us

First things first, Dani-Lee and Jennifer are strong believers in a mother's instinct. From the beginning of time it has always been nature's instinct for a mother to protect and care for her young. A mother is born the minute baby is born and along with it floods this mother instinct. At Nurtured Life, we recognise this biological process and nurture it. A mother and a baby have a heart to heart connection, which establishes a solid foundation for development throughout your child's life. In a society where there are so many differing sources of advice, so many right and wrong ways to mother, we entrust that the mother knows best- it is nature after all. We believe that Nurtured Life is a space for moms to find their instinct, in a non-judgemental environment.

At Nurtured Life we believe in healthy, early attachments, and with this in place the journey of mothering can be enjoyed. A sound attachment between mother and baby, sets up healthy attachments for the rest of that little one's life.



Jennifer Maud
Occupational therapist



Dani-Lee McMillan
Occupational therapist

We recognise that all babies are unique, and they may take a unique journey down their developmental path, however, every baby has the right to enhance their development. We offer monthly developmental screening where we offer advice and a listening ear on yours and your baby's journey.

We believe that sound development is rooted in having a calm, regulated, fuss free baby. We aim to ensure that your baby's sensory and motor needs are integrated, to be able to achieve this. We offer occupational therapy services as well as other classes and groups.

We believe in nurturing touch, love and respect and follow the International Association of Infant massage to run our infant massage group. Additionally, we offer classes and groups for ALL babies to generate a culture of community in mothering, learn about our little ones development and gain skills and techniques to support development.

upcoming events

2nd Aug - Developmental screening

8th Aug - Baby massage class
9:30 -10:30

30th Aug - Screening day



Claudia Kotzen
Life and Wellness coach



Jessica Anderson
Speech therapist

welcome to august

I cannot even believe that we are past almost half way through this year. For those of you who had your little ones this year, I bet you cannot believe that they are already 6 or 7 months old. This newsletter is centered around the parent. It is so often that everyone fusses over the new baby, but the new mommy and daddy are just as important. We would like you to take the time to think about yourself. Reflect for a moment on the following questions:

- ♥ What activity do you do each day that is just for you?
- ♥ How often are you going out and doing something for yourself- not for your baby?
- ♥ When was the last time you went out with your friends?
- ♥ When was the last time you sat in silence?

It is ok if you struggled to or do not know the answers to these questions. That is NORMAL. I am not a parent yet and many of these questions I am unable to answer. Please just remember YOU are important, YOUR health is important and YOUR well being is important.

*This month focus on a bit of
YOU time!!*



TUESDAYS

10 - 11 am

**WHERE: Nurtured Life,
Mediwell Dainfern Square**

COST: R 1250 (5 weeks)

**CONTACT: Dani-Lee
McMillan on 083 644 7202**

OR

**danileemcmillan@gmail.
com**



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INFANT MASSAGE

BY AN OCCUPATIONAL THERAPIST

life and wellness coaching

Nurtured well

Nurtured Well is a support group developed for mothers experiencing Post Natal Depression and/or Anxiety. It's a small group specifically created as a safe space to be loved and nurtured into wellness, and a space to be heard and understood. Claudia has worked with depression and anxiety from a variety of approaches, and over the years has developed wholeness

workshops designed to pour into the deepest needs of our hearts and souls. These support groups run weekly for a five week period, and those attending are welcome to attend the groups to follow.

Nurtured New

Nurtured New is a support group specifically created for new mummies and daddies. For many of us, it feels like we become “mom” and “dad” over night, which can rock our identities at a core level. This group is aimed at creating a safe space to connect with your inner instincts and remind yourself of the parent you were called to be, as well as remembering who you still are. The support group also offers practical advice and tips and is designed to help you feel as normal and happy and healthy as possible (with all the new all around). Remember, change only lasts for a moment, before long, change becomes the familiar.





This group is created to take the edge of all the “new” happening all around you. These support groups run weekly for a five week period, and those attending are welcome to attend the groups to follow.

Nurtured Together

Nurtured Together is a support group created for single parents and is a safe space for single parents to connect and share their fears. It’s designed to be a place of “family” and connection, because it takes a village to raise a child (beautiful

African saying). This support group is your village. Claudia has worked with clients overwhelmed by life’s challenges, and has created workshops in the past that give clients the tools needed to be empowered in a world that sometimes feels overpowering. This is a group created out of love and laughter to inspire love and laughter. These support groups run weekly for a five week period, and those attending are welcome to attend the groups to follow.

You are invited to

Nurtured Life's developmental Screening Clinic

SCREENINGS BY AN OCCUPATIONAL THERAPIST

Date:
30th
August

Venue:
Nurtured Life,
Mediwell, Dainfern
Square

Book: 082 827 3897

ONLY R250



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this months **blog**



LET GO AND LET LOVE

WRITTEN BY CLAUDIA KOTZEN

Here's a heart-share from one mama to another: parenthood isn't always what we'd imagined it to be, especially those first few months of adjusting to a whole new way of living (and trying to survive) "normal" life. Not much can truly prepare you for parenthood. With so much information and so much available knowledge, it's hard to find the fit that slips on like a glove effortlessly, and let's get real, at the end of the day, our babies are unique, little originals. That rare textbook baby is hard to come across. And to be honest, that's more normal than you feel. So how do we find answers in the overwhelming build up of questions and 'need-to-not-mess-up' experience we blink our tired eyes through in those first few months?

We choose to surrender.

And let go.

Even if it's the scariest thing you can think of doing.

Even if the thought of it threatens to make your tightly held world fall apart.

Even if just entertaining that thought fills you with horrific out-of-control freak-out.

We need to learn to surrender.

And let go.

Let go of all the things we're working hard at trying to control.

Let go of those things that we can't perfect (life isn't about perfection at the end of the day).

Let go of comparison (no two babies are ever alike, and that's the way nature intended it to be).

Yield to the organic flow of a beautiful human experience: heart's connecting and relationship unfolding. Exploring the intuitive encounter of "being together" (even if sometimes it feels like all you do is cry together).

Today you're powerful enough to give yourself permission to fully "be". Settle into your call to love the one who was formed within you. Settle into who you are. Who you are is just the right match for who you created.

Chuck perfection.

Yes, I said it.

Chuck comparison.

This isn't even a case of comparing apples with apples; every human being is a unique original.

Chuck that measuring stick.

Love is immeasurable.



Innately, you know each other deeper and better than you could ever begin to imagine. Give yourself permission to be fully who you are and settle into love. That's what this journey is really about. Let go of fear and give your heart and soul permission to love fully and be fully loved. At the end of the day, there'll always be someone who looks like they have it more together than you, and there'll always be someone who looks like they have it less together than you, and that's ok. At the end of the day, there'll always be a baby who seems more "perfect" than yours, and

a baby who seems less "perfect" than yours, and that's ok. At the end of the day, take a deep breath and let go of all those things that rob you from being fully present in your new discovery of parenthood. Embrace who you're called to be: someone who's the best at loving your baby just the way s/he needs to be loved. You know each other better than you feel. As long as you're taking care of your and baby's basic needs, you can let go and let love.

MORE ABOUT ME

Involved in techniques implemented in Cognitive Therapy, Reality Therapy, Family Therapy, inner healing and wholeness, and with a passion for Existentialism, Claudia has an empathetic insight into the delicate bond between parent and child, and the intricate play between self and other. She explores core values and core beliefs that construct the reality we create for ourselves, and desires to bring healing to areas of our lives we've broken or got stuck in. She is committed to seeing parents thrive in their role as mother and father, and is effective in equipping people to simplify the noise in life and become centred on what really matters; what's most valuable to you.





the little oaks

product catelouge



THE LITTLE OAKS COMFY CACOOON

A space to quietly snooze while receiving the deep pressure I got so used to in mommy's womb. I can gently rock and calm my overstimulated sensory system. Or I can gain a bit more input, by spinning and swinging side to side, when I'm seeking movement!

R1240



THE LITTLE OAKS DISCOVERY TUNNEL

When I crawl I strengthen my shoulder and hip girdle, developing my proximal stability needed for gross and fine motor development. I love crawling, it's fun and imaginative, and I get deep pressure through my joints! Crawling through stretchy fabric sends a message to my brain about where all of my body parts are.

Dark spaces makes me feel calm, soothed and settled. The bilateral work of crawling is so good for my brain!

R510



LITTLE OAKS STRETCHY SUIT

I can move and roll, jump and stretch, play and curl up, while in my stretchy suit. I get so much deep pressure and muscle work while moving against the tight fabric!

R680



THE LITTLE OAKS HAPPY HIDE AWAY

This is my special place where I can go to read, imagine, snooze, have alone time and settle down. I love being calm in my sensory hide away tent .

R1200



THE LITTLE OAKS HEAVY FRIEND

My heavy soft friend is great to sleep with, cuddle, or place on my lap. The weighted deep pressure is soothing to me, and my heavy friend's soft texture is so calming to feel.

R400



THE LITTLE OAKS EPSOM SALTS

Magnesium sulphate (Epsom salts) can be dissolved in your little ones bath, helping to heal and soothe tired muscles. This mineral is also required in the body for proper nerve functioning. Sleep time should improve after an Epsom salt bath. Make bath time part of a comforting routine for your Little Oak. Fifteen minutes of soaking is recommended to allow the magnesium to be absorbed into delicate skin. Use half a cup. Don't swallow the water little one, and Moms please always stay with your child at bath time.

R80

TO MAKE AN ORDER PLEASE CONTACT

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