



nurturedlife

ENHANCING THE FIRST TWO YEARS OF LIFE

September 2018 newsletter

welcome to September



Spring edition!

Finally, we have made it through the winter and its now time to blossom. Get those spring clothes on and come out of hibernation. On the 8th of September it is International Literacy Day. In light of this special awareness day, this newsletter focuses on the importance of early literacy and how important it is for your little one's development.

Let's Get Reading!



Young children learn best through interactions, when we read to our children that is an interaction which increases their brain activity **HUGELY!** Allowing their brains to flourish with different connections being made in their brains. We facilitate their language development, early literacy development and to help shape their social and emotional development (indicated by new research).

So get busy reading with your babies, engage with them, give them time and facilitate their development in a natural and engaging fun way! Soon they will be sprouting up into teenagers. Nurture these little one's brain development and enjoy your time reading with them.

about us



Jennifer Maud
Occupational therapist

Jennifer has worked in the paediatric field for 12 years and has a heart for seeing children reach their full potential. She has a deep understanding of the difficulties in coping on a day to day basis with underlying sensory processing issues and behavioural concerns. Jennifer understands the impact of this in the child's social setting, school environment as well as their place in the family; and thus incorporates intervention in all areas. A gentle approach is used, incorporating mostly play as a means of treatment, to encourage children to reach their goals and improve overall functioning. Being

a mother of 3, Jennifer longs to see heart to heart connection and healthy attachments between mother and child. Jennifer has developed Handwriting Programs which are implemented in schools across JHB, as well as fine motor courses for pre school children. Jennifer, along with Dani Lee, co – found Nurtured Life; a practice for the 0 – 2 year old baby (enhancing their development) and their caregiver. Being an avid entrepreneur, Jennifer has also recently launched Acorns and Oaks: Equipment for Little People. Jennifer passionately trains and builds up young therapists with huge potential, and is in love with the work she is called to do. Thank you Michelle, dear friend and inspirational mother – for wordsmithing this beautiful blog for us at Nurtured Life! Michelle shares on becoming a mom, enjoy the read below.



*Please do visit our website and follow our montly blog posts
<https://www.nurturedlifebabies.com>
and follow us on Facebook: @nurturedlifemediwell
Instagram: nurturedlifemediwell*



Dani-Lee McMillan
Occupational therapist

Dani-Lee McMillan is an occupational therapist and a co-founder of NurturedLife. She is passionate about supporting the growth and development of babies as well as providing guidance and support for their families. Dani-Lee has worked as an occupational therapist in private practice with children between 2-12 years old. It was during this time that she realised her passion for early childhood intervention. Her passion extends to all children with a special interest in the premature infant as well as children with sensory processing difficulties. She is trained in the DIR floortime approach, has undergone

training in Little Steps Neuro developmental Care for the premature infant by Welme Lubbe and is completing her training in sensory integration. She believes in the importance of identifying and utilizing children's strengths, enhancing the role of the parent and incorporating play in the therapeutic process. Dani-Lee is also an IAIM trained Infant massage instructor and she will be running infant massage classes from Nurtured Life at Mediwell Dainfern.

upcoming events

27th September Developmental screening

4th September - 4th October Baby massage classes

15 September Baby roadshow; our team at Nurtured Life can't wait to attend our first roadshow this weekend!

24 November Today's Child. A days full event of training for moms and medical specialist. Our topic will include enhancing the first two years of life. Please contact us for further details at jen@jennifermauthorapygroup.co.za

You are invited to

Nurtured Life's developmental Screening Clinic

SCREENINGS BY AN OCCUPATIONAL THERAPIST

Date:
27th
September

Venue:
Nurtured Life,
Mediwell, Dainfern
Square

Book:
Jennifer 082 827 3897
Dani-Lee 083 644 7202

ONLY R250



nurturedlife
ENHANCING THE FIRST TWO YEARS OF LIFE



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**



nurturedlife

INFANT MASSAGE

BY AN OCCUPATIONAL THERAPIST

this months **blog**

THEY BIRTHED



ME

Written by Michelle le Roux - On being a Mom

Hello...

My name is Michelle. I am wife and mom to Caitlin (6) and Emma (5), an entrepreneur, musician, scholar and dreamer. For a moment my head and heart agreed that that was correctly placed in the order of importance but some days dreaming make me a better mommy and wife and everything else. And then some days making and bottling and delivering my milk kefir does it for me. We are alive and layered and full but I believe allowing us to be our authentic selves first and foremost, creates room for healthy extensions of ourselves.

So I am Michelle, first. But back to being amom, my story and the journey these two little girls have put me on has wrecked me (my walls and broken perceptions gratefully) and raised the big, brave, honest part of me in ways I'm starting to think very few, easy things in life can. I married Gabriel in 2009 and started a degree in Industrial Psychology that next year. We were surprised when I fell pregnant in 2011 but more surprised when I fell pregnant again in 2012. Gasping? I know. I thought I mistyped that for a moment but that's exactly the way it went down. I had always had hormone issues and doctors

had told me falling pregnant might be a challenge. So from the onset Gabriel and I decided we were going to pretty much wing it. Oh the beauty of ignorant bliss!

The past 7 years have upped my expertise in many things from the different sounds of the different cough types to the shades and sizes of infant and toddler rashes, from sleep training methods and communication skills in marriage to gut health and growing bone density because I needed to get my teeth to stop crumbling! All of this and a ton more had turned me into a well. And I am actually laughing out loud at myself right now because it's been such a beautifully intense process that what has come out of it, I would not exchange for the world! Some days I get to drink from the well and I realize just how sweet grace tastes. It's helped me in more ways I can count to do the next best brave thing even if that meant allowing my tired self to sleep or offering my grumpy toddler the broccoli for the umpteenth time!



Just this morning I read of a mom of five and her homeschooling journey. How she failed and got up and fell and won and got tripped up and got up and won and learned to live and love well and now is encouraging mommies – tripped up mommies – like this one some days. That flat on the floor is not only for failures but also for those who are choosing to grow the brave part of their and their little people's hearts. That those floor moments are for holding each other's hearts tightly, breathing deeply and slowly very slowly

wiggling your toes in preparation for the 'rise'. Because that's what moms of decades and centuries and millenniums before us did. Hold tight, breathe deep and mommy you better start wiggling those dang toes – one at a time!

I remember when we decided to put my eldest in school because my studies were demanding. I unintentionally pushed Caitlin to be grown-up from pretty much the day her little sister was born. She had to go down by herself, eat by herself, walk and entertain herself. She was only one when

Emma arrived. With a travelling husband and family far out and a degree to finish, options were few. I still need to love myself very gently and well in this space because I, at that time, was doing the best I could with the tools I had.





Guilt wants to trip us up so bad! But what it doesn't show us is by giving into it, it offers us self pity, isolation, binge eating, self hatred and anger as the only options to self soothe and protect and that is a lie! Because none of them serve us well! I had to learn to offer myself a lot more understanding and grant insight into where we as a family were at to get past not completely being ruined by guilt.

But because I did give guilt and fear a foothold in my head and heart for so long my little girl had turned into a very needy, emotionally numb and blunt and overly clumsy 5 year (going on 14 month) old. The teachers didn't seem to get her, I didn't get her— I didn't have headspace to get her- I was writing final year exams! But when she came home one day and told me the teacher had thrown her on the floor with heart wrenching sobs, something broke in me and a wall came down, the first of many.

I, there and then, unknowingly

embarked on a journey that allowed motherhood to change and grow me and break open parts of my childhood heart that needed healing. I learned to say sorry for my own temper tantrums and controlling reactions and watched empathy grow and create a kindness between us that helped cushion our sometimes messy reactions. I tasted (and keep tasting!) how much sweeter choosing connection over control is and how it allows for such a peaceful atmosphere to rest around us. I learned that control is my alert button that I need time out to lean into myself, God, friends and to make time to rest. I am learning that my intentional honest brave interactions with these little people of mine continue to birth and raise new and beautiful things in me. It's such a humble thing to be taught by a child. They are innately fiercely gentle. Something I want to learn more of..



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

DANI-LEE MCMILLAN | 083 644 7202 |
danileemcmillan@gmail.com

JENNIFER MAUD | 082 827 3897 |
jens_scoop@hotmail.com