



Are you pregnant? A new mom? A mom with small children? Trying to get breastfeeding to work out? Join our Christian discussion and support group, called Nursing and Nurturing, as we talk about breastfeeding issues and mothering in general. Twice a month (one morning and one evening) we will gather to share ideas, concerns, support and prayer requests.

"Attachment Parenting" encourages emotional responsiveness with your babies and children as they grow. You may have an enthusiasm or curiosity about some of these topics or maybe just one, like nursing. Rest assured that our atmosphere is open and inviting, and all moms are welcome. Children attend with mom, and play while mothers talk (we meet in the Lounge).

### **What is Nursing & Nurturing?**

A Christian support and discussion group for moms interested in breastfeeding and/or Attachment Parenting

- Times: 2nd Friday mornings at 9:30 a.m. & 4th Thursday evenings at 6:00 p.m.
- Meeting: sharing, support, questions, encouragement, prayer requests, open atmosphere
- Topics: Breastfeeding, Attachment Parenting, Mothering
- Location: St. Paul's Lutheran Church of Des Peres (meet in the Lounge).

### **We Welcome All Moms**

Join our discussion and support group, called Nursing and Nurturing, as we talk about breastfeeding issues and mothering topics. Twice a month (one morning and one evening) we gather to share ideas, concerns, support and prayer requests. Motherhood can be filled with so many questions: "I don't have any aunts, sisters or friends who breastfed for very long ... who can I talk to?" "I just want my child to be a good sleeper!" "How do I know if I'm feeding her enough?" "How can I soothe and calm my baby?" "What about schedules?" "Why do some moms like those baby slings?" or "Is it really worth it to try breastfeeding?"

### **"What is Attachment Parenting?"**

Attachment Parenting (AP) is simply a newer name for what many moms intuitively lean toward – a parenting style that encourages emotional responsiveness with children. Parenting is too individual and a baby too complex for there to be only one way. The important point is to get connected to your baby, and the seven B's of attachment parenting, (coined by well-known parenting experts, authors and public speakers Dr. William Sears & Martha Sears, RN) can help: Birth bonding, Breastfeeding, Baby wearing, Bedding close to baby, Belief in the language of your baby's cries, Beware of baby trainers, and Balance.

### **"I Just Want to Come & Talk"**

You may have an enthusiasm or curiosity about some of these topics – or maybe just one, like nursing. That's OK! Rest assured that our atmosphere is open and inviting. Our goal is to get to know each other and learn from each other, as we share stories, concerns and laughter together ... all in a caring,

Christian environment. We open and close our meetings with prayer, share a devotional reading and are always happy to pray for you and your family's needs.

**A Typical Meeting Looks Like This:**

9:30 a.m. --- Social / fellowship time, snacks. Resource library open.

9:45-10:05 --- Discussion on scheduled mothering topic

10:05-10:15 --- Devotion and opening prayer

10:15-10:45 --- Questions & Answers, Sharing Idea

10:45-11:00 --- Closing & Prayer Requests

After --- Continued social / fellowship time

**Facilitators**

- Ruthie Dicken
- Nancy Ohlemeyer
- We have also arranged for a certified lactation consultant to be available to you for phone consultations and additional breastfeeding questions.