

NEW! Holistic Practices in Lactation

Program Schedule: Day One:

8:30-9am Registration
9-9:45am Introduction: Holism, Self-Care and Empowerment
9:45-10:45am The Art of the Intake in a Holistic Approach
10:45-11am Break
11-12:30pm Nutrition in the Breastfeeding Dyad
12:30-1:30pm Lunch
1:30-3pm Heal the Mother/Heal the Baby: Nutrition, Gut Function & Healing
3-3:15pm Break
3:15-4:30pm Introduction to Holistic Modalities in Breastfeeding

Day Two:

8:30-10:30am Holistic Approaches to Common Breastfeeding Problems
10:30-10:45 Break
10:45-11:30am Holistic Approaches to Common Breastfeeding Problems (con't)
11:30-12:30pm Working Collaboratively: Building a Support & Referral System
12:30-1:30 Lunch
1:30-3:30pm Holistic Approaches in Practice & Case Presentations
3:30-3:45 Break
3:45-4:30 Q&A



This 2-day workshop presents an overview of holistic approaches to both common and complex breastfeeding problems such as plugged ducts, mastitis, thrush, normalizing milk supply, food allergies, adoptive nursing, and much more. Modalities include nutrition, gut healing, homeopathy, herbs, home remedies and EFT.

More and more mothers are interested in using non-pharmaceutical approaches for treating the most common physical and emotional concerns of pregnancy, birth and breastfeeding. Practitioners who recognize the normalcy of birth and breastfeeding are well-equipped to support mothers in accessing and utilizing holistic approaches to care. Practitioners can easily gain basic knowledge and skills in homeopathy, energy medicine such as Bach Flowers and EFT, herbs, home remedies and nutrition specific to the needs of pregnant and nursing mothers. In using these therapies, mothers are offered an alternative to more interventive care, while the practitioner also models a holistic approach that the mother can integrate into her own care and the raising of her family.

These holistic approaches are simple and practical and can often be integrated immediately. Some are both preventive and therapeutic such as the use of nutrition in pregnancy, while others are deeply supportive such as the use of Bach Flowers or EFT. Most have acutely therapeutic applications such as the use of home remedies, herbs or homeopathy for treating mastitis or plugged ducts, normalizing milk supply or healing birth trauma.

Jennifer Tow, BFA, IBCLC practices Holistic Lactation. She has been in private practice for 15 years in Connecticut and most recently in Paris, prior to which she designed and coordinated a hospital-based breastfeeding peer counselor program in Hartford. Through her companies, Intuitive Parenting Network, LLC and Intuitive Health Network, Jennifer relies upon her 23 years of passionate information-gathering, education and training in holistic practices to provide holistic lactation consulting, parent education and mentoring to the families she works with. She also provides workshops for families, individuals and health care providers on topics related to birth, infant feeding, attachment and holistic practices.

Her areas of focus in infant feeding are healing infant trauma, the inter-dependent relationship between maternal gut health, hormones, milk supply and the well-being of the dyad, and the synergy of maternal-infant physiology, form and function, including tongue-tie. Having established a reputation for working with parents to resolve complex feeding problems, Jennifer now works with clients internationally, primarily through Skype. She integrates a myriad of holistic modalities, such as nutrition, herbs, home remedies and energy medicine in mentoring families who choose a deeper and more permanent approach to healing.

Jennifer is the mother of three children born at home in 1988, 1992 and 1998 and a granddaughter born at home in 2009.
<http://holisticibclc.blogspot.com>

See brochure or web for dates and times.