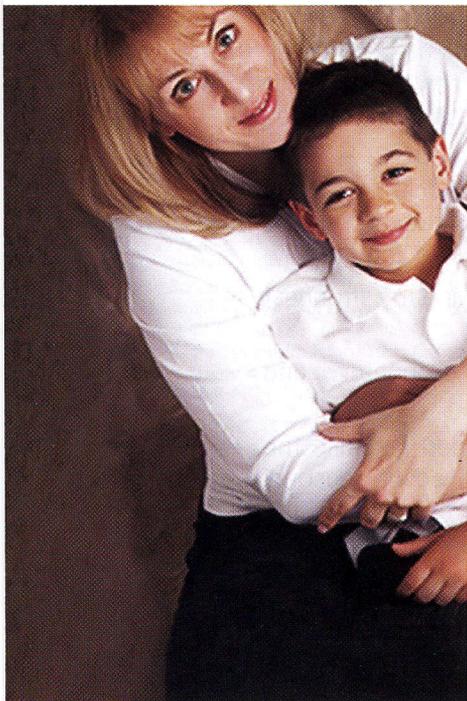


Discover Holistic Parenting



Nancy Massotto is executive director of the Holistic Moms Network. She is also the mother of two boys, both born at home. Massotto holds a PhD in government and politics and spent several years working for non-profit organizations focusing on women and community. She is a dedicated advocate for natural living and empowering women.

Many of today's parents seek natural remedies and a holistic lifestyle for themselves and their families in an effort to attain optimal health and live a greener life. Being conscious of our choices enables us to think on a larger scale and to do what's best for our families in both the short term and the long term. Although holistic parenting can take many routes and result in a wide variety of choices, there are some simple things every parent can do to begin the journey.

- **Be informed.** Being informed in all of your parenting and health choices is a cornerstone of whole living. Investigate your options and educate yourself on the benefits, as well as the risks, of your parenting, healthcare, and lifestyle choices.
- **Cultivate trust.** Living holistically starts with a shift in your perspective away from fear and uncertainty and toward trust in yourself, your body, and nature's healing power. Cultivating this trust is challenging, but uncovering it is ultimately a source of empowerment.
- **Tune into your mother (or father) wisdom.** Deep within yourself lie inner wisdom and intuition, as well as your spiritual voice. What feels right to you may not be the most traveled path but often will best serve your family.

- **Go natural.** The preponderance of chemicals in our food, homes, and environment wreaks havoc on health. It's important to look for safe, nontoxic products to care for our homes and to eliminate artificial ingredients, preservatives, and pesticides from our food.
- **Live lightly on the earth.** Living holistically means recognizing the interconnectedness of our choices. Tread lightly by supporting industries (such as organic farming) that nurture the earth, incorporating green practices (such as recycling) into your life, and giving of yourself through volunteer work.
- **Find support.** Interacting with others who share similar philosophies is empowering and will help you to find the tools you need to grow a healthy family. What's more, social support fosters health. Recent studies show that being socially connected to others can improve your physical health and is linked to lower mortality rates. To connect with other holistic-minded parents, visit the Holistic Moms Network at www.holisticmoms.org or contact us at 877-HOL-MOMS.

May your parenting journey be a healthy one!

—Nancy Massotto