



The Heart of the Triangle

*Sharing the vision, supporting the mission
of the triangle area non-profit community*

Connect with and Learn from Holistic Moms

(Dads, Grandparents and Caregivers are welcome too!)

by MJ Vieweg

Have you read or heard some popular parenting advice that didn't sit well with you, but you weren't sure why? Do you have concerns about the impact disposable diapers and wipes have on the planet; and wonder if they are really worth the ongoing expense? Do you not find homemade baby food to be difficult or inconvenient to prepare - even though you were told it was?

If this is you, you may want to visit a meeting of the Triangle Area NC Chapter of the nationwide Holistic Moms Network. According to their website, The Holistic Moms Network organization encourages mothers "to trust their instincts, parent from the heart, use their innate sense of what is best for their children, live in balance with the Earth, and learn about the pros and cons of all healthcare and parenting options."

Lindsay Kuru, the Triangle Area NC Chapter leader, says a common thread among families choosing to live a holistic lifestyle is the belief that many things are interconnected. "It's about understanding how our choices are connected - for example, how the food we eat can affect our health or how the products we buy affect the environment," she said. "Our chapter supports local families by offering a respectful and non-judgmental environment to connect with others and learn about different aspects of holistic living. We welcome everyone to join us no matter where they are on their holistic parenting journey. There is no gauge on how holistic or natural one must be to participate with our group."

Each meeting focuses around a holistic living topic,

either with a discussion, a demonstration or a guest speaker. The January meeting focused on DIY natural cleaning products, and the February meeting will feature JoAnne Schaub, a local area Life Coach and co-leader of the Triangle Area Chapter, who will speak on how to balance the many roles that mothers take on. Children are welcome and have ample room to play. A selection of organic teas is offered at each meeting. Kuru continued, "We have activities for members beyond the monthly meeting. There are playgroups, a monthly Frontier co-op group buy, Mom's Night Out and community events. Members also connect through an email loop and a private Facebook group."

Kuru became involved with the group because of her beliefs on how to care for her own child. "I followed my instincts and parented how I saw fit for my family and it turned out that many of my beliefs were in alignment with holistic living," she said. "I am so grateful that I found the Holistic Moms Network! I have learned so much from other members, both in my local group and on the national online forum. I am honored to now be leading the Triangle Area Chapter. We have so many fun and exciting events planned for 2015. I have truly found my tribe!"

The Triangle Area NC Chapter of Holistic Moms meetings are held at 10:30am on the 3rd Tuesday of each month at Sweet-bottoms Baby Boutique, 2845 Jones Franklin Road in Raleigh. For information email Lindsay at TriangleHMN@yahoo.com or visit <http://trianglenc.holisticmoms.org>