

Evolved Nest Practices Foster Child and Family Wellness
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SOCIAL SUPPORT FOR MOTHER-INFANT DYAD

	WELLNESS-INFORMED CARE (examples)	STRESS-INDUCING EXPERIENCES (examples)
Pregnancy	Welcomes child Relaxing Social, financial, political, environmental support Mother sings to child	Rigid work schedule Routine high stress Low community support Depression Invasive tests (ultrasound, amniocentesis)
Birth	Mother is empowered Baby decides birthday Midwife support Doula support Soothing Naturalistic Low light Warm temperature	Mother disempowered Adult timing: e.g., induction Labor drugs Coercion (e.g., forceps, suction, C-section) Pain-inducing procedures Bright lights Noxious smells Separation of mother and infant
First hours	Nest of support allows: Calmness Bonding Breastfeeding Singing Health monitoring of mother & child	Painful procedures (injections, pricks, circumcision) Focused on individuals instead of relationship Separation of mother and infant Sugar water or formula given Injection for breastfeeding Poor monitoring of maternal health Family distressed
First months	Nest of support allows: Family bonding Enjoyment Rhythmical, flexible responsiveness Attunement to needs Few worries	Lack of supportive net: Back to pre-baby schedule Minimization of baby's and mother's needs Coercion of baby (e.g., sleep, feeding) No maternity and paternity leave
First years	Network of allomothers shares the burden of 24/7 care Child builds multiple attachments and security Role models Inclusion in family activities	Mother (and father?) carry burden alone, perhaps using stranger daycare during the day. Rigid schedule and routines Insecure attachment No role models for mother or child