

# 9 COMPONENTS OF OUR EVOLVED NEST

NESTED CHILDHOOD,  
FLOURISHING WORLD



**The Evolved Nest**

## Soothing Perinatal Experiences



Connection and  
respectful attention.

## Breastfeeding



On-request  
breastfeeding, occurs  
for several years.

## Positive Moving Touch



Carrying and  
rocking promote  
neurobiological health.

## Positive Climate



A welcoming  
community of support.

## Self-Directed Social Play



Frequent play with  
multi-aged mates.

## Multiple Allo "Mothers"



A village of stable care  
promotes health.

## Responsive Relationships



Responsiveness  
to needs and cues.

## Nature Connection



Nature nurtures us. When  
we care for it, we heal.

## Healing Practices



Individual and group  
practices mend a wounded  
self or imbalanced  
relationships.

**When we follow our wellness-informed pathway, we fulfill basic needs and promote thriving. We reach our full humanity.**

**Discover the award-winning science, self-directed learning center, and resources:**

**EVOLVEDNEST.ORG**

