

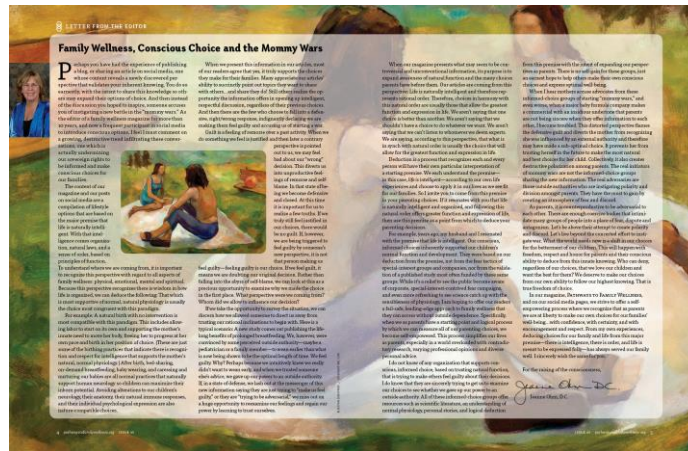
Talking Points & Resources

Please note: The page numbers in this section indicate the article location in *Pathways* magazine.

Family Wellness, Conscious Choice and the Mommy Wars

Letter from the Editor – Jeanne Ohm, D.C.

Pathways #45, page 4



Talking Points

- ❖ After years of bringing forth information in *Pathways* as well as social media, Jeanne Ohm, D.C. is sharing her thoughts on the “mommy wars.”
- ❖ Family wellness is physical, emotional, mental and spiritual. *Pathways* strives to put out information that is most supportive of normal, natural physiology.
- ❖ Dr. Ohm explains, “A natural birth with no intervention... bed-sharing, on-demand breastfeeding, baby wearing, and caressing and nurturing our babies are all normal practices that naturally support human neurology so children can maximize their inborn potential. Avoiding alterations to our children’s neurology, their anatomy, their natural immune responses, and their individual psychological expression are also nature-compatible choices.” (4)
- ❖ *Pathways* shares this information with its readers and followers. Many agree with it being the most supportive of normal and natural regardless of their own personal choices while others take offense.
- ❖ Feeling guilty is a choice we make. If we feel truly justified in our choices we shouldn’t feel guilty over them. If we do feel guilt then we are doubting our original decision.
- ❖ “Rather than falling into the abyss of self-blame,” Jeanne challenges us to “look at this as a precious opportunity to examine why we made the choice in the first place. What perspective were we coming from? Whom did we allow to influence our decision?” (4)
- ❖ *Life is intelligent*. Dr. Ohm invites you to come from this premise when making parenting choices.
- ❖ Examine your choices. Did you give up your power to an outside authority or was it a conscious, informed choice based on trusting natural function?

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

No one likes getting caught in the crossfire of the Mommy Wars, but calling for a truce is misguided and dangerous. "Face Off" by Tracy Cassels, M.A. <http://pathwaystofamilywellness.org/Parenting/face-off.html>