

The Dance of Nurture

Why Dance? Why Nurture?

Dance as Metaphor

- For interaction, relatedness and connection
- For rhythm and cycles
- For embodiment
- For the creative principle
- For a learned, skilled activity that gives joy

The dancing body and the nurturing body are instruments of expression and emotion

Nurture as Carework

- Defining nurture and care
- Relational complexity of breastfeeding
- Challenges to nurture
- Nurture in crisis??

Nurture the next generation as you were nurtured; this is the crux of the life cycle approach.

Relaxed Feminism

- Collective action not individual perfection
- Biocultural hybrid, science and experience
- Confront privilege
- Absorb queer theory
- Feminist food studies
- Breastfeeding as foodwork
- Messaging beyond the guild
- Dealing with opposition
- Sustainability across generations
- Radical potential and joy

Indigenous Knowledge

- That woman is the first environment is an original instruction. In pregnancies our bodies sustain life... At the breast of women, the generations are nourished. From the bodies of women flows the relationship of those generations both to society and to the natural world. In this way is the earth our mother, the old people tell us. In this way, we as women are earth. (Katsi Cook, Mohawk midwife)
- Protecting and valuing the earth's indigenous systems of reproducing life and the fertility of all its inhabitants, may lie at the center of the shift in worldview that must take place if we are to move beyond extractivism. A worldview based on regeneration and renewal rather than domination and depletion. (Naomi Klein, *This Changes Everything*, 2014:424)