

# THE EVOLVED NEST



Nested Children & Adults for a Compassionate World

## Why We Need It

- Restore human nature to its cooperative orientation, its original and "normal" human heritage.
- Industrialized culture has undermined child development so much we think dysregulated people are "normal." Honoring our biological needs, especially in childhood, will help us shift humanity toward wellness and wholeness.
- Restore humanity's connection to nature.
- Honor the primal continuum for wellness and wholeness that starts in pre-conception and babyhood.
- Honor the needs of the mother, father, providing community support systems that optimize normal psychosocial development.
- Become aware of the damaging, culturally accepted ideologies of nuclear family parenting by moving toward village-mindedness.

## Science & Research

The Evolved Nest is based on the award-winning research and writing of Darcia Narvaez, PhD, a psychologist and researcher at the University of Notre Dame. Her book, *Neurobiology and the Development of Human Morality: Evolution, Culture and Wisdom* (2014), won the 2015 William James Book Award from the American Psychological Association, as well as the 2017 Expanded Reason Award.

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## Research Is Clear

Humanity's evolved nest provides the support that optimizes normal human development, bringing about our evolved cooperative nature. Nestedness cultivates physiological and mental health, psychological and social capacities, and holistic wellbeing. Human moral capacities are shaped by nest provision: empathy and inclusive social engagement.

In multiples studies, evolved nest provision in childhood is associated with greater health, wellbeing and prosociality in children and adults. They are less dysregulated and aggressive.

The nest was provided by 99% of our ancestors over millions of years and is characteristic of today's regenerative societies who live cooperatively with one another and with Nature.

### Current Trauma-Inducing Pathway

*Promotes disconnection*



[www.EvolvedNest.org](http://www.EvolvedNest.org)

A Kindred World Initiative

## Watch the Evolved Nest Short Film Collection



**Breaking the Cycle**  
(6 minutes)

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**The Evolved Nest: Nature's Way of Raising Children**  
(8 minutes)

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**Reimagining Humanity**  
(12 minutes)

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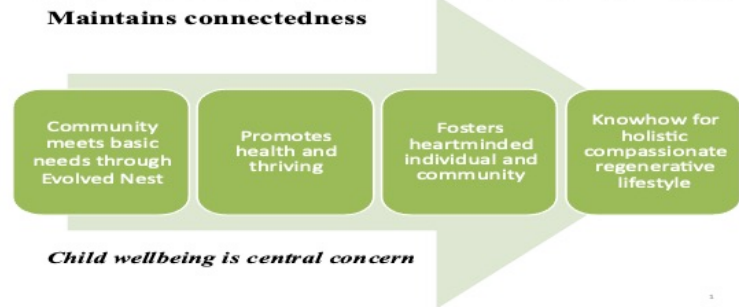
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## Humanity's Wellness-Promoting Pathway



## Humanity's Evolved Nest

- 1. Soothing Perinatal Experiences** include limited stress in pregnancy, no separation of baby from mom at birth, no imposition of pain.
- 2. On-request Breastfeeding** occurs for several years.
- 3. Positive Moving (and no negative) Touch** which for young children means carrying and rocking, promoting brain development.
- 4. Positive Climate** welcomes every community member, keeping them safe and secure.
- 5. Self-Directed Social Play** with multiple playmates, not directed by adults.
- 6. Multiple Allomothers** refers to responsive nurturers, other than mothers (e.g., fathers, grandmothers, aunts, uncles).
- 7. Responsive Relationships** keep baby contented while the brain rapidly develops, the foundation of healthy childhood growth.
- 8. Nature Immersion and Connection** means developing caring relationships with the natural world of plants, animals and other entities.
- 9. Healing Practices** are made routine to rebalance relationships and mental and physical health.

