



# HEALTHY NEST CONFERENCE

## Healthy Nest Conference

**May 27-28, 2025**

**Istanbul, Turkey**

World-renowned researchers, experts, and educators will gather in Istanbul on May 27-28, 2025, for the Healthy Nest Conference! By securing your place at this significant event, which will host 1,000 in-person participants and over 10,000 online viewers, you can contribute to the journey of building a healthier and more conscious future.



## Day 1 - May 27th 2025, Tuesday

800 tickets and 15,000 online participant

### Healthy & Secure Babies: Ages 0-2 and Prenatal

Opening Ceremony | 09.00 - 10.30

**Nature's Guide to Raising Children/** How to Create a Safe Nest for Children?  
- **Darcia Narvaez** | 09:30 - 10:30

**The Power of Prenatal Psychology/** Babies' Lives Are Shaped Before They Are Born!  
- **Jenny Wade** | 11:00 - 12:30

**Babies Who Feel Safe/** Emotion Regulation in Infants  
- **Marilyn Sanders** | 13:30 - 14:15

**Infant Crying: Colic and Beyond/** Natural Approaches to Colic in Babies  
- **Nilüfer Devecigil** | 14:45 - 15:45

**Workshop 1: Babies Feeling Safety in Infanthood /**  
Techniques to Regulate the Vagal Tone in Infants  
- **Marilyn Sanders, Clemence Jeay** | 16:30 - 17:30

**Ask the Experts: Daily Questions & Answers /**  
Prenatal, Infant, and Early Childhood Development  
**All Speakers** | 17:45 - 18:30



**Parenting with The Power of Play**  
Fun Ways to Connect with Children  
- **Lawrence Cohen** | 20:00 - 22:00



## Day 2 - May 28th 2025, Wednesday

800 tickets and 15,000 online participants

### Healthy & Secure Children: Children and Adolescence

**Nurturing the Mind-Body Connection in Children/** Natural Approaches to Mind-Body

Balance in Children

09:30 - 10:30 | **Clemence Jeay**

**Building Resilience in Children /** The Playful Parenting Approach

11:00 - 12:30 | **Lawrence Cohen**

**Supporting Children and Parents during Family Transitions /** Fostering Resilience and Sense  
of Security in Times of Crisis and Divorce

13:30 - 14:30 | **JoAnne Pedro-Carroll**

**A Healthy Nest in Adolescence/** Building Emotional Safety for Teens

15:00 - 16:00 | **Lisa Dion**

**Workshop 3: Body, Mind and Play/** Understanding Your Child's Messages

16:30 - 17:30 | **Nilüfer Devecigil, Clemence Jeay**

**Ask the Experts: Daily Questions & Answers/**

Early Childhood, Middle Childhood, and Adolescence

17:45 - 18:30 | **All Speakers**





## Nature's Guide to Raising Children

**Darcia Narvaez**

How to Create a Safe Nest for Children?

**May 27, 2025, 09:30 - 10:30**

We open our conference with world-renowned researcher and founder of the Evolved Nest Initiative, Darcia Narvaez!

What are the natural needs of babies for optimal growth and development? How are the changes in modern life affecting child raising? What does the evidence from evolutionary psychology, anthropology, and neuroscience tell us about ensuring the healthy development of babies?

- What are the forms of care that children biologically need?
- How does modern child raising compare with traditional child raising approaches?
- How do secure relationships and early caretaking processes shape a child's development?

Darcia Narvaez, who is a Professor Emerita of Psychology at the University of Notre Dame, known for her interdisciplinary research on child development, moral development and human flourishing will present ways to create the healthiest and most nurturing environment for children by blending current scientific findings with evolutionary insights, with a unique perspective that combines the wisdom of the past with the science of today.

Together, we will discover what is a viable, scientific and natural roadmap to ensure that children grow up cooperative, healthy, and happy!



## The Power of Prenatal Psychology

**Jenny Wade**

Babies' Lives Are Shaped Before They Are Born!

**May 27, 2025, 11:00 - 12:30**

Babies' development begins before birth. So how do the mother's physical and emotional experiences during pregnancy affect the baby's brain development, attachment process and future psychological health? And how does the father affect the baby?

In the second session of the conference, Jenny Wade, a leading figure in the field of pre- and perinatal psychology, will explore how the pregnancy and birth processes shape the babies' entire lives.

- How do babies perceive the world before they are born?
- How do experiences in the womb effect brain development and attachment?
- What role does the moment of birth and the mode of delivery (natural, Caesarean section, etc.) play in the child's long-term psychological development?
- How do fathers contribute to a baby's development?

Jenny Wade is known for her important work investigating the long-term effects of early developmental stages on health and behavior. In her book, *Changes of Mind*, she details the psychological and physiological consequences of conscious and emotional experiences from conception until birth. Jenny Wade will explain prenatal psychology in both a scientific and a parent-friendly language, providing parents and professionals with an evidence-based the roadmap to ensure the baby gets off to the best start.

In this session, we will have the opportunity to learn from a scientific perspective, what can be done during pregnancy and childbirth for babies to develop to be healthy, happy and safe individuals!



## Babies Who Feel Safe

**Marilyn Sanders**

Emotion Regulation in Infants

**May 27, 2025, 13:30 - 14:15**

All babies need adult caregivers to thrive. When the caregivers feel safe, they can transfer that safety onto their babies. If they don't, they may have difficulties calming their restless or crying babies. This is because caregivers and babies co-regulate their emotions! But how do babies learn their emotions? How do they cope with stress?

The experiences babies have in their early years help them feel safe and regulate their emotions in a healthy way. The way we comfort them can even influence how they form relationships later in life!

- How does nature help adult caregivers read their baby's signals and co-regulate them?
- How can adults help babies who are crying, restless or appearing stressed?
- How can caregivers improve infant emotional regulation?

Marilyn Sanders, co-author of *Polyvagal Theory and the Developing Child*, translates the scientific data into comprehensible language for parents and professionals, explaining the involuntary disruptions that occur in the connection between the infant and their caregiver, and presents practical methods that can be applied to support the emotional development of the baby.

This session will be a guide for all parents and professionals who want to better understand the emotional world of babies and build strong bonds with them!

## Infant Crying: Colic and Beyond

**Nilüfer Devecigil**

Natural Approaches to Colic in Babies



**May 27, 2025, 14:45 - 15:45**

Long periods of crying can be a challenging experience for many parents. However, it is possible to understand this process and truly help your baby!

The term *colic* originates from the Greek word *kolikos*, and has historically been associated with the intestines. Hence, colic was traditionally thought to be a digestive issue, however, research suggests that colic crying should be considered from a much broader perspective. Your baby's cries may be their way of expressing experiences, stress, and needs stemming from their time in the womb or birth process. How can you better understand and manage this process with greater awareness?

- Why do babies cry? How are their emotions and experiences linked to crying?
- How can you help your baby feel safe during intense crying episodes?
- As a parent, how can you stay calm and composed during colic and prolonged crying episodes?

Nilüfer Devecigil, author of *Işığın Yolu*, has conducted her doctoral research on colic babies. Her study explores how 3-4-year-old children express the underlying causes of their colic crying through play therapy.

In this session, you will learn scientifically backed, practical, and applicable methods to manage your baby's crying in a more conscious and secure way.





## Workshop: Babies Feeling Safety in Infanthood

**Marilyn Sanders, Clemence Jeay**

Techniques to Regulate the Vagal Tone in Infants

**May 27 2025, 16:15 - 17:30**

A baby's healthy development depends on the proper regulation of their nervous system. Their emotional regulation, ability to self-soothe, and capacity to handle stress are all directly linked to the functionality of the vagus nerve.

According to the Polyvagal Theory, a regulated (balanced) vagal tone helps regulate a baby's heart rate, breathing, and digestion, allowing them to calm down more effectively.

How can we naturally support a baby's vagal tone?

In this workshop, you will learn natural touch, movement, and attachment techniques that promote a baby's relaxation, stress management, and emotional regulation.

### What to Expect in the Workshop

- Clemence Jeay, will introduce regulation and body awareness techniques to help babies relax through gentle movements and touch methods.
- Marilyn Sanders will explain how babies manage stress and demonstrate techniques that foster emotional security.

This workshop is a must for anyone who is looking to learn scientifically backed methods to support infant emotional and physical development!

## Ask the Experts: Daily Questions & Answers

Prenatal, Infant, and Early Childhood Development

**May 27, 2025, 17:45 - 18:30**



Join this interactive session where world-renowned experts provide concise, clear, and effective answers to your most pressing questions!

- Throughout the day, in-person and online participants will submit questions via an app.
- Attendees will vote on the most important and popular questions.
- Every evening, all speakers will come together for a panel session, answering the top-voted questions.

Don't miss this dynamic session to receive expert insights on the most frequently asked questions in the field!



## Parenting with The Power of Play

**Lawrence Cohen**

May 27, 2025, 20:00 - 22:00

Building a strong bond and trust with children is fundamental to their emotional development. Play is not just entertainment; it is a powerful tool that enables children to express emotions, cope with stress, and form strong connections with their parents.

Play is one of the areas where children express themselves most freely.

They express their joys, desires, fears, sadness and even trauma through play. When we play with children and allow them to play freely on their own, we are “listening” to these profound expressions. This helps them feel safe and secure.

In this workshop, you will discover the healing power of play and learn play-based methods that strengthen your communication with children in daily life.

### What to Expect in the Workshop

- Using play-based approaches, Lawrence Cohen presents practical games and techniques that build trust and commitment with children.
- Fun games that help children cope with difficult emotions, calming play techniques for stressful moments, and parent- and child support techniques will be presented. Creative methods that strengthen the parent-child relationship will be emphasized.

## Fun Ways to Connect with Children

güvenli | sağlıklı çocuklar  
yuva | sağlıklı yarınlar



This workshop is for parents who want to discover new ways to connect with their children and understand their emotions even in difficult moments, and for professionals who want to use play-based approaches in therapy!



## Nurturing the Mind-Body Connection in Children

**Clemence Jeay**

Natural Approaches to Mind-Body Balance in Children

**May 28, 2025, 09:30 - 10:30**

What do children's posture, movements, body habits, and reactions reveal about their psychological, physical, and mental health? How can we support them in maintaining balance?

Healthy development in children relies on the harmonious collaboration of the mind and the body. Osteopathy highlights how even the smallest imbalances in the body can affect a child's mood, behavior, and overall well-being. Today, children spend long hours in front of screens, struggle with postural issues, and may not know how to cope with stress effectively. How can we help them maintain the mind-body balance?

- What is the body telling us about a child's well-being?
- How can we support children in developing healthy body habits?
- Healthy tips, for the mind-body balance nutrition, sleep, and screen-time routines.

Clemence Jeay, an osteopath specializing in body awareness and movement therapy, will share natural approaches that support children's physical and mental health.

This session is a valuable guide for parents and professionals who want to holistically support children's healthy development!

## Building Resilience in Children

**Lawrence Cohen**

The Playful Parenting Approach



**May 28, 2025, 11:00 - 12:30**

What does playful parenting have to do with resilience? Isn't resilience about achievement, strength, good character, good study habits, and success in life? Doesn't that require: extreme push and pressure, emotional hardships, forced early self-reliance, controlling emotions, using shame, violence, and rejection, telling children exactly what to do in every situation?

NO!

These techniques might promote toughness, but that is not the same as resilience. That method of promoting resilience has severe side effects, such as anxiety, depression, family conflicts, school struggles, aggression, and vulnerability to bullying. Playful Parenting provides better ways to build resilience, without the damage that can come from too much pressure.

Make time for children's free play and play together with

- Give children a sense of agency (for example, being in charge of their physical bodies and their play)
- Give optimum pressure with a gentle push
- Use the tone of voice with your child that you would want your child to have as their inner voice when facing setbacks

Lawrence Cohen, author of *Playful Parenting*, will share play-based and emotion-based approaches to resilience that parents, teachers, and professionals can all use.



## Supporting Children and Parents During Family Transitions

**JoAnne Pedro-Carroll**

Fostering Resilience and Sense of Security in Times of Crisis and Divorce

**May 28, 2025, 13:30 - 14:30**

Families do not always stay the same. Divorce, separation, remarriage, or other family transitions can deeply impact a child's emotional world. So how can we, as parents and professionals, support children and parents through these transitions?

Children may react to family changes with anxiety, anger, guilt, or insecurity. However, with the right approaches and emotional support, this process can be a healthy transition rather than a crisis.

- How do children react to family changes, and how can we support them?
- How can we maintain a child's trust and emotional well-being during the divorce process?
- How should we talk to children about this process and help them to manage their emotions in a healthy way?
- How can parents take care of themselves during stressful times?

JoAnne Pedro-Carroll, author of *Putting Children First: Proven Parenting Strategies for Helping Children Thrive Through Divorce*, will share science-based approaches to help parents manage conflicts and create a stable, secure "healthy nest" to help children feel more resilient, happy and safe during divorce and family changes.

This session will provide valuable guidance for parents, educators and professionals who care about children's emotional well-being during family transitions!

## A Healthy Nest in Adolescence

**Lisa Dion**

Building Emotional Safety for Teens



**May 28, 2025, 15:00 - 16:00**

Adolescence is a period of significant change for both the teenagers and their parents. It can be challenging at times, but it is also full of opportunities for growth and transformation. While teens strive for independence, they also need to feel safe and understood. So how can parents and professionals better understand adolescents and communicate with them in a healthier way?

- Understand what is happening in their brains during this time of profound change and development.
- Understand how to communicate with them in ways that promote connection and inter-dependence.
- How to provide boundaries helping them feel safe, while also maintaining connection?

International trainer and creator of Synergetic Play Therapy, Lisa Dion will share insights on adolescent brain development, emotional regulation, and play-based approaches that strengthen the parent-teen relationship.

This session is for parents and professionals who want to navigate adolescence with greater awareness, connection, and security!



## Workshop: Body, Mind and Play

**Nilüfer Devecigil, Clemence Jeay**

Understanding Your Child's Messages

**May 28, 2025, 16:30 - 17:30**

Our children's body language, sensory reactions and play give us many insights into their inner worlds. But how can we read these messages to improve our understanding of our children's emotions and needs?

### What to Expect in the Workshop

- What kind of messages do children give through play?
- How do their postures, movements and sensory sensitivities reflect their inner worlds?
- How can we provide our children with a safer space by reading their bodily and sensory cues?

Play therapist Nilüfer Devecigil and osteopath Clemence Jeay have been working together for years to observe and interpret the connection between children's plays and bodily reactions.

In this session, by combining their different perspectives, Devecigil and Jeay will present scientifically backed, practical and applicable methods to understand the mind-body-sense connections in children.

## Ask the Experts: Daily Questions & Answers

**Early Childhood, Middle Childhood,  
and Adolescence**

**May 28, 2025, 17:45 - 18:30**



Join this interactive session where world-renowned experts provide concise, clear, and effective answers to your most pressing questions!

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Don't miss this dynamic session to receive expert insights on the most frequently asked questions in the field!



**Thank You.**

**Let's make a difference in  
our children's and our  
world's future!**

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## Conference Program

May 27-28, 2025 İstanbul Hilton Bosphorus			
Nature's Guide to Raising Children <b>DARCIA NARVAEZ</b>	The Power of Prenatal Psychology <b>JENNY WADE</b>	Babies Who Feel Safe <b>MARILYN SANDERS</b>	Colic in the Context of A Healthy Nest <b>NİLÜFER DEVECİGİL</b>
Workshop: Babies Feeling Safety in Infanthood <b>MARILYN SANDERS &amp; CLEMENCE JEAY</b>	Workshop: Parenting with the Power of Play <b>LAWRENCE COHEN</b>		Workshop: Body, Mind and Play <b>NİLÜFER DEVECİGİL &amp; CLEMENCE JEAY</b>
Building Resilience in Children <b>LAWRENCE COHEN</b>	Nurturing the Mind-Body Connection in Children <b>CLEMENCE JEAY</b>	Supporting Children and Parents During Family Transitions <b>JOANNE PEDRO-CAROLL</b>	A Healthy Nest For Adolescence <b>LISA DION</b>



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güvenli  
yuva | sağlıklı çocuklar  
sağlıklı yarınlar