



Lactation

What is Complete Lactation care?
All of our lactation providers support growing families and have the desire to help mothers meet their own breastfeeding goals. We regularly work with breastfeeding and bottle feeding dyads, supplemental nursing systems, and are highly trained in the assessment of tongue and lip tie. We understand that everyone's goals when breastfeeding are different and respect the choices of our families.

What can our Lactation Team do for you?

- Prenatal classes and appointments
- Latch and positioning education
- Pumping assistance
- Preparing to return to work
- Bottle and pacifier guidance
- Tongue/Lip Tie assessment
- Pre and Post frenotomy care
- Office and home visits
- Momma Circles - free monthly support groups



CranioSacral Therapy

What is CranioSacral Therapy?
It is a gentle hands-on manual therapy that promotes physical, emotional, and spiritual health.

Working with the CranioSacral system, central nervous system and fascial system, this therapy is for nearly everyBODY. From infancy to the aging population, CranioSacral therapy helps to regulate a large number of dysfunctions within our bodies.

What can our CranioSacral Therapists do for you?

- Better sleep
- Relax and revitalize
- Reduce anxiety and depression
- Reduce behavioral issues
- Improve oral tension and function
- Relieve jaw tension
- Torticollis relief
- Plagiocephaly reshaping
- Colic/Reflux & Digestive disorders



Roling Structural

Integration

What is Roling™ Structural Integration? It is a holistic approach to finding balance and harmony within the body primarily through the influence of deep fascial tissue manipulation.

When a body is better balanced in gravity, it has the adaptive capacity to move effortlessly and without pain. Roling creates space for the body and breath to thrive.

What can Roling Structural Integration do for you?

- Improve posture and structure
- Injury recovery
- Pain reduction
- Stress relief
- Increased balance and flexibility
- Revitalized energy
- Address acute and chronic pain
- Repair after labor and delivery



Family Seasons Practitioners



Lynnelle King IBCLC, CST

Daniele Johnston IBCLC, CST

Tina Schroeder IBCLC, CST

Ben Meibergen Certified Rolfer, CST

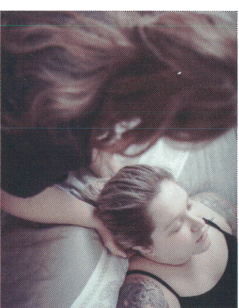
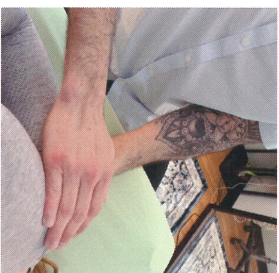
Megan Moeller CST, CLC

Jill Painter CST, OTR/L

Dawn Ewing CST

Capri McDonald CLC

Sharina Jensen CLC



Office Hours

Day	Hours
Monday	9:00am - 5:00pm
Tuesday	9:00am - 5:00pm
Wednesday	9:00am - 5:00pm
Thursday	9:00am - 4:00pm
Friday	9:00am - 3:00pm
Saturday	Reserved for urgent cases
Sunday	Reserved for urgent cases

Family Seasons

600 East State Street, Suite 100

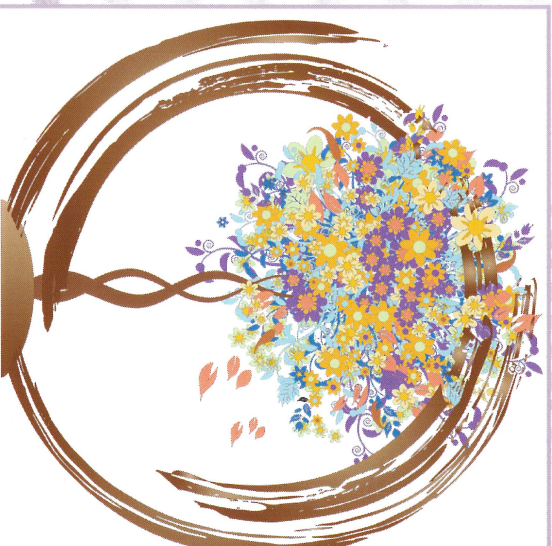
Eagle, Idaho 83616

208-912-5682

info@family-seasons.com

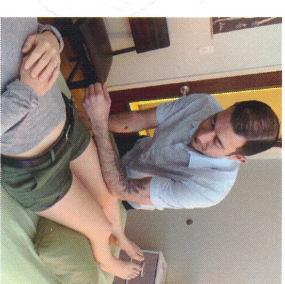
www.family-seasons.com

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Family Seasons

Lactation,
Craniosacral Therapy &
Rolfing Structural Integration



Family Seasons Postpartum Clinic

208-912-5682

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