



**Thank you for subscribing to my newsletter**

Welcome to Rooted Sunshine. Your place to Learn & Practice building vibrant communities, one connection at a time. I am so glad you are here

- Kyla

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## **Nurturing the Good Stuff: Love At First Latch**



Motherhood loneliness is a real and serious health issue. Kelsey, above, is an expert medical professional and community builder who connects real people in real life.

Kelsey Smith, wife, mother, RN, Lactation Educator and an International Board Certified Lactation Consultant, is the owner and practitioner of [Love At First Latch](#).

“I've seen first hand the lack of support offered to mothers during the postpartum period and knew I wanted to be part of a [movement to change that](#).”

“Somewhere along the way our society lost this idea ‘[village](#)’, and parenthood became isolating and lonely. . . Each of us can work to rebuild these villages . . . Working together to raise our babies is such a beautiful thing and is so much better than trying to raise our babies alone.”

Working to combat the US's poor maternal [mental](#) and [physical](#) health outcomes, Kelsey created connections to provide spaces and places where mothers foster meaningful relationships - both professional and personal.

In-office consultations happen at [Barrett Family Chiropractic & Massage](#) and a monthly breastfeeding support group is held with [Lilac City Midwifery](#).

[The Roots of Loneliness Project](#) details the gravity of motherhood loneliness can have on women's health, "[Research shows](#) that engaging in face-to-face interactions improves our mood and reduces [depression](#) at the same time, making social connections vital."

“I sit, listen and make sure each and every person is heard. And that is how you start to change the world--[one lactation visit at a time](#),” Kelsey [writes](#).

Kelsey is living her mission because she believes in it, but the connections she builds with and for people results in a full [calendar](#) and five star [rating](#). Putting people first is good for business.

Rooted Sunshine loves to highlight businesses or organizations that are investing in people. If you have one I should feature, let's [connect](#).

Read Full Feature Here



## Connect in real life

Fight the [loneliness epidemic](#) by checking out our [calendar](#) AND [submitting](#) your own local happenings.

[Rooted Sonshine](#) promotes thoughtful and intentional opportunities for communities to connect and engage locally.

We want to be the hub that keeps our community connected!



**DATE NIGHT  
ON THE FARM**

**Parents Night Out  
6:00-9:00 pm**

Enjoy a quiet evening on the farm wandering through the gardens, playing yard games, and having fun with the animals. Spend a little quality time with each other, or invite friends and make it a group date night!  
(You're welcome to bring your own adult beverage if you so choose.)

June 24th    July 22nd    September 16th

\$50 per couple- includes Italian sodas, hot dogs and s'mores around the fire.  
To register email: [happyfoundfarm@gmail.com](mailto:happyfoundfarm@gmail.com)

## Ready to Connect, Give, and Grow?

Rooted Sonshine is here to support YOU in [doing good](#) to reach [higher potential](#).

From coaching to events to promotions, Rooted Sonshine helps individuals, businesses, organizations, and communities!

Come back soon for updates to our resources and services pages.

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Have questions? Either reply to this email, connect on my [website](#), or via  
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