

Karin de Vos

Nurture House

creative solutions for the sensitive child

Karin de Vos – Founder & Director



Karin de Vos is an advocate of children and families.

Establishing Nurture House is the culmination of her journey as the mother of two sons whose multiple health needs, along with her own depression, taught her how to successfully straddle the allopathic and complementary models of health and healing.

As an organisation dedicated to providing creative solutions based around the needs of sensitive children and their parents, Nurture House offers information, products and support that assist families to be nurtured on all levels.

Our underlying philosophy is to balance the physical body, the emotional body, the family and the home.

Karin is a passionate public speaker, educator, writer, and artist who skilfully blends qualities of nurturing, support and motivation with grounded and practical guidelines. She is the author of 'Understanding Sensitive Children' - what do they really need; 52 Little Tips for families of Sensitive Children; and Be You - it's all you need to be.

Additional Background

On leaving school at the age of 16 Karin faced a dilemma – whether to step into the business world, following in her parents’ footsteps and focussing on earning a good income, or whether to become a child care worker? At that time the two choices seemed diametrically opposed.

The business world won – and at the age of 23, with no formal qualifications, Karin was promoted to the role of Marketing Co-ordinator for the Dairy Promotion Council.

For more than eight years Karin worked as Product, Brand and Marketing Manager and was responsible for numerous well-known, big budget promotional campaigns such as Moove, Light White, Shape, Good One, FM flavoured milk, the Nutrition Education Service, Old El Paso Mexican Food, and Peck’s Paste. Her role included developing new products, distribution programs, unique sales programs and co-ordinating market research. During this time she also completed a Marketing Diploma and achieved a distinction.

After the birth of her first child, Karin started ‘Richard Strategic Services’, a strategic planning and marketing consultancy business, with her business partner. This opportunity utilised all her skills and consolidated her marketing, promotion, brand development, market research, systems development, strategic planning, and office management experience. Karin and her partner had a list of clients that included horticultural industry associations, statutory authorities, and charities.

Karin’s life and career underwent a powerful shift when her two children were aged 6 and 3. Her eldest had been diagnosed with ADHD, Aspergers and learning disabilities, and had trialled many ADHD drugs. Her youngest was living with a life-threatening allergy to peanuts, compounded by serious allergies to milk, soy, wheat, eggs, dust and moulds. These allergies resulted in asthma, eczema, sleep apnoea, tonsillitis, hearing problems, bowel problems and numerous other symptoms.

Combined with issues in her relationship with her husband, these challenges in her personal life eventually took a toll on her own health and wellbeing. Just before her boys turned four and

seven, Karin suffered a ‘breakdown’. This breakdown, or break-through as she now prefers to call it, galvanised her into a powerful creative space from which she was able to utilise her professional skills to gain a deeper understanding of her own situation. Within a month she had started to put into place a series of strategies that supported the health of both herself and her children.

Karin researched mind-body health and metaphysics, attended myriad courses, consulted with a variety of practitioners, and read hundreds of books with the intention of finding real and simple solutions to the ‘health issues’ her family faced. For the first time in her life she was connected with her essential self and started to really understand and celebrate who she was and how to create the right environment for her children to do the same.

Her youngest son, now 14, is no longer life threateningly allergic to peanuts or any of the foods he was reacting to before. He is free of eczema and sleep problems. Her eldest, now 17, is in Year 12 and achieving great results at school. The success of the creative solutions she evolved at this time became the foundation stone for her new life and her new business.

In 2002 Karin’s passion for children’s health and well-being led to the establishment of Kidz Alive, an organisation dedicated to sharing the knowledge she gleaned with parents and children who were facing similar issues to her own family. Her work included workshops and coaching for parents, developing products for sensitive children and their families, a Kidz Wellbeing Expo and the Kidz Alive Network.

In 2008 her re-branded business, Nurture House, was launched. This multi-faceted business is the culmination of her personal experiences, the expression of her love of children and families and her professional expertise, offering strategies, products and support for sensitive children and their families.

Through Nurture House Karin has launched the revolutionary CARE Program outlining how to create the right drug free environment for sensitive children. She has also produced kits to teach personal and family responsibility; books and cards to support children’s self esteem; lamps and colour cuddles to balance their sensitive children’s bedrooms. In essence Nurture House offers creative solutions for the sensitive child.