

# Home4Birth

## Monthly Newsletter

November 2013



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**Hello and welcome to our November newsletter!  
We have some great events, product  
recommendations and a delicious seasonal  
recipe to share with you this month.**

**We'd like to give thanks to all of our  
Home4Birth family and friends! We hope your  
family is having a wonderful autumn season.**



**If you have any fun pictures, advice or recipes,  
please submit them to our office administrator,  
Carrie Bland, at [carrie@home4birth.com](mailto:carrie@home4birth.com).**

**Please let us know if you do not wish to receive  
our newsletters, and we will remove you from  
our list.**

**Thank you for reading and we hope you enjoy!**



## Upcoming Events

### Creating Your Ideal Birth

**Date:** Wednesday, November 6<sup>th</sup>

**Time:** 7:00pm

**Location:** Hebron Community Center, 611 N Main St., Hebron, IN 46341

**Details:** Tools and tips for creating your ideal birth.

**More details:** [www.indianabirthchoices.com](http://www.indianabirthchoices.com)

### Biological Nursing Movie Night

**Date:** Wednesday, November 20<sup>th</sup>

**Time:** 6:00pm

**Location:** Home4Birth Fishers office, 12987 Parkside Drive, Fishers, IN 46038

**Details:** Please join us for a viewing of Biological Nursing: Laid-Back Breastfeeding for Mothers.

**More details:** <http://geddesproduction.com/breast-feeding-laid-back.php>

### Yoga with Baby

**Date:** Wednesday, December 4th

**Time:** 6:30pm

**Location:** Home4Birth Fishers Office, 12987 Parkside Drive, Fishers, IN 46038

**Details:** Please join us for an evening of yoga with your little one! Space is limited, so please RSVP if you plan to attend. We have a limit of 10 spaces. Instructed by Andy Alam of Inner Peace Yoga. Donations encouraged for his service.

**More details:**

<https://www.facebook.com/events/311353235669775/>

To RSVP for events hosted by Home4Birth, and to view our upcoming monthly events, please visit our Facebook page at [www.facebook.com/pages/Home4Birth](http://www.facebook.com/pages/Home4Birth).

## Product Recommendations

### SleepBelt Newborn Skin-to-Skin Snuggle Wrap

\$59 from Amazon.com



### NuRoo Pocket Skin-to-Skin

\$54.99 from Amazon.com





## Cinnamon Pecan Scones

[www.lindaskitchentable.blogspot.com](http://www.lindaskitchentable.blogspot.com)

### Ingredients:

- 2 eggs
- 1/4 cup coconut oil/ghee
- 3 TB maple syrup
- 1 cup almond flour
- 2 TB coconut flour
- 1/2 TSP baking soda
- 1/2 TSP cinnamon
- 1/2 cup chopped pecans

### Instructions:

1. Preheat oven to 325 degrees.
2. Line cookie sheet with a silicone mat or parchment paper.
3. Whisk together eggs, maple syrup and coconut oil/ghee.
4. Add flours, soda and cinnamon. Mix well.
5. Stir in the chopped pecans.
6. Using a tablespoon, scoop batter onto parchment paper
7. Wet your fingers and pat the scooped batter into a little triangle.
8. Bake for 20 minutes.
9. Let cool for 5-10 minutes.
10. Serve with a cup of coffee and enjoy!



## Homemade Baby Wipes Formula

### Ingredients:

1. 1 and 3/4 cups boiled water (or distilled), cooled but still warm
2. 1 TB of pure aloe vera
3. 2 TB of liquid castile soap
4. 3 drops of tea tree oil
5. 2 capsules of vitamin E (optional)
6. 2 TB of olive or almond oil (optional)
7. Essential oils of choice

Combine ingredients in a spray bottle and enjoy!





Quote of the Month

“Thank you is the best prayer that  
anyone could say.”

-Alice Walker



*Welcome to the world!*

Georgia Jean 10/17/13

Sebastian Lee 10/17/13

Zion Noble 10/20/13

Hezekiah Judah 10/25/13

