

# Home4Birth

## Monthly Newsletter

December 2013



*Brandi Wood, CPM*

*Mindy Michel, DEM*

*Ann Stephenson, Apprentice*

*Carrie Bland, Office Administrator*

*12987 Parkside Dr., Fishers, IN 46038*

*2616 Little John St., Anderson, IN 46013*

*765-MIDWIFE (765-643-9433)*

**Hello and welcome to our December newsletter!  
This month's newsletter will help you stay safe,  
warm and festive as we enter the winter season!**

**We wish everyone a happy holiday and a  
wonderful new year!**



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

### Birth Story: Ina May Gaskin and The Farm Midwives Movie Night

**Date:** Wednesday, December 18th

**Time:** 6:00pm

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

**Details:** Please join us for a viewing of Birth Story: Ina May Gaskin and The Farm Midwives. It captures a spirited group of women who taught themselves how to deliver babies on a 1970s hippie commune, rescued modern midwifery from extinction, and changed the way a generation thought about childbirth.

**More details:** <http://watch.birthstorymovie.com/>



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).

## Winter Car Seat Safety

Why is it unsafe to wear some coats in the vehicle? For maximum protection in a crash, you want the harness as close to the child as possible. The more layers between a child and the harness, the harder it is to actually fit the restraint to the child. You end up fitting the restraint to the coat, and in the event of a crash, all that extra air is forced out between the layers and leaves the harness too loose to protect a child. A loose harness, at best, means extra crash time on the child, at worst, could mean ejection from the seat. Keep in mind this also applies to children in boosters and adults in seatbelts as well.

Another reason, which is often overlooked, is that children do not need all those layers on in the vehicle. Even if it takes a while for the vehicle to warm up, when it does, the child will be hot, sweaty and generally cranky if they are in too many layers.

(Read the full article at <http://csftl.org/hello-winter-good-bye-coats/>)

### Additional Resources

- <https://www.facebook.com/notes/car-seats-for-the-littles/helpful-resources/518467831523946>
- <https://www.etsy.com/shop/ClissoCrafts>

## Vegan Cream of Broccoli Soup (Grain-free & Paleo)

[www.healthfulpursuit.com](http://www.healthfulpursuit.com)



### Ingredients:

- 1 tsp. extra-virgin olive oil
- 1 yellow onion, sliced
- 1 tsp. sea salt
- Freshly ground pepper, to taste
- 4 cups cauliflower florets
- 3 cups unsweetened almond milk
- 3 cups broccoli florets, finely chopped
- 1 tbsp. onion powder

### Instructions:

- Add oil, onion, salt and pepper to a large saucepan. Sauté on medium-high heat for 5 minutes, adding a couple of tablespoons of water throughout the process to avoid from burning.
- Add cauliflower and milk. Cover and bring to a boil. Reduce heat to simmer and cover for 10 minutes, or until florets are soft.
- Add in half of the broccoli.
- Pour mixture into the jug of your high-powered blender or food processor. Puree until smooth. Return to pot.
- Stir in remaining broccoli and onion powder. Cover and cook for another 10 minutes, until thickened.
- Serve immediately.

*Author: Leanne Vogel*

*Allergens: Vegan, Gluten-free, Dairy-free, Sugar-free, Yeast-free, Corn-free, Grain-free, Nut-free, Egg-free*

*Prep time: 10 mins Cook time: 20 mins Total time: 30 mins*

*Serves: 4*

Quote of the Month

“Blessed is the season which  
engages the whole world in a  
conspiracy of love.”

*Welcome to the world!*



Eleanor “Nora”

11/18/13