

Home4Birth

Monthly Newsletter

January 2014



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**Hello and welcome to our January newsletter!
We hope that you had a wonderful holiday
season. We look forward to sharing this new
year with you!**



**If you have any fun pictures, advice or recipes,
please submit them to our office administrator,
Carrie Bland, at 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

Childbirth Education Series

Date: Saturdays, January 11th – February 15th

Time: 9:00am – 11:30am

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

Details: We are teaching a series of six childbirth education classes. The cost of the series is \$375.00. Please RSVP via Facebook event page.

More details:

<https://www.facebook.com/events/182612031940033/>

Biological Nurturing Movie Night

Date: Wednesday, January 15th

Time: 6:30pm – 8:00pm

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:

<https://www.facebook.com/events/1427084147515560/>

Yoga with Baby

Date: Wednesday, January 29th

Time: 6:30pm – 8:00pm

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

Details: Please join us for an evening of yoga with your little one. Please RSVP via Facebook event page.

More details:

<https://www.facebook.com/events/700125250005097/>

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.

Breastpump Rental

As of February 2014, we will become an official Ameda breastpump rental station! This means that you will be able to rent the Ameda Platinum Breast Pump from us directly, along with all the essential accessories you will need to use it.

The Ameda Platinum Breast Pump is described as being a “superbly efficient, one-of-a-kind, customized solution for both clinicians and mothers”.

- Uses an internal rotating piston to achieve its comfortable, smooth feel
- Has independent controls that mothers can customize to their own body’s response
- The Proven Airlock Protection™ is the world’s only proven protective barrier to help protect breast milk and the baby from bacteria, mold and viruses while pumping.
- Has 3 easy-to-read LCD screens, a built-in timer, and automatic shut-off after 60 mins
- Soft Touch Control Panel
- Built-in Dual Bottle Holders

For more information, visit www.ameda.com.

For rental costs,

please contact us by email.

Sweet Potato Soup with Ginger

www.glutenfreegoddess.blogspot.com



Ingredients:

- 1 drizzle of fruity extra virgin olive oil
- 1 small sweet onion, diced fine
- Fresh grated ginger root, to taste
- 2 lbs. sweet potatoes (I use a mix of small ruby yams and medium orange sweet potatoes), peeled and diced
- Fresh water, enough to cover the potatoes (some folks prefer broth, but I like to keep the taste of the sweet potato clean and simple)
- Sea salt, to taste
- A pinch of cinnamon or nutmeg or cardamom, to taste



Instructions:

- Ready your slow cooker and turn it on high. Drizzle a touch of olive oil in the bottom of the crock. When the oil is warm stir in the onion and ginger, cover and heat till fragrant (you can skip this small step if you like, it's just something I like to do to infuse the oil and jump start the flavors). Add the diced sweet potatoes. Cover with fresh water. Add a little salt, to taste. I sprinkle in a small amount of cinnamon and warm spices, too. Cover.
- Slow cook on high or low according to your manufacturer's instructions for potato soup.
- When the potatoes are very tender, use an immersion blender to puree the soup.
- If the soup is too thick, add more liquid to thin.
- Taste test and add more sea salt and pepper, to taste.

(Serves 4 to 6)

Quote of the Month

“Write it on your heart that every day
is the best day in the year.”

-Ralph Waldo Emerson

Welcome to the world!

Rory Ellis 12/13/13



Jaka Elyse 12/18/13

