

# Home4Birth

## Monthly Newsletter

February 2014



*Brandi Wood, CPM*

*Mindy Michel, DEM*

*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 February newsletter!  
We hope that you are staying safe and warm during this winter season. Valentine's day is just around the corner, so please enjoy the festive recipe and craft inspiration we've provided!



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

### Your Herbal Medicine Cabinet Class

**Date:** Wednesday, February 5th

**Time:** 6:30pm-8:00pm

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

**Details:** Please join us for an informative class! \$10 to attend and RSVP required.

**More details:**

<https://www.facebook.com/events/568808649874191/>

### Birth Story Movie Night

**Date:** Wednesday, February 12th

**Time:** 6:30pm – 8:00pm

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

**Details:** Please join us for a viewing of Birth Story by Ina May Gaskin and The Farm Midwives.

**More details:**

<https://www.facebook.com/events/217586625081898/>



### Yoga with Baby

**Date:** Wednesday, February 26th

**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/802551446426017/>

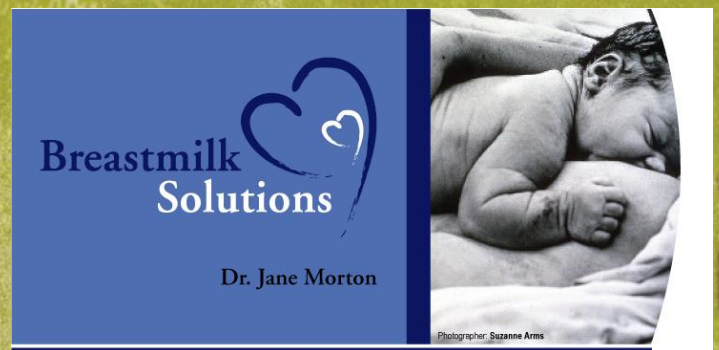
To RSVP for events hosted by Home4Birth, and to view our upcoming monthly events, please visit our Facebook page at [www.facebook.com/pages/Home4Birth](http://www.facebook.com/pages/Home4Birth).

## Hand Expression of Breastmilk

Please visit

<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

to view an instructional video by Dr. Jane Morton, MD.



*“Until recently hand expression of milk has been an under-utilized skill in our institution. But there are many benefits of knowing how to express milk from the breast without the use of expensive or cumbersome pumps. In this video, Dr. Jane Morton demonstrates how easily hand expression can be taught to mothers.”*

Please visit

<http://www.breastmilksolutions.com/index.html>

for more of Dr. Jane Morton’s resources.

## Three Ingredient Banana Pancakes (Gluten-free!)



### Ingredients:

- 2 over ripe bananas, mashed
- 2 eggs
- ½ cup almond butter or peanut butter or almond meal
- Teaspoon of aluminum-free baking soda (optional, for added rise)
- Dash of cinnamon (optional)



### Instructions:

- Whisk together all ingredients
- Cook on a greased griddle or pan on low-medium heat
- For heart-shaped pancakes, simply place cookie cutter directly on pan and fill with pancake batter. Leave cutter on until it is mostly cooked. Gently remove cookie cutter and flip pancake
- Serve with fresh banana slices, walnuts and warm honey syrup

<http://glutenfreefix.com/3-ingredient-banana-pancakes/2403/>

Quote of the Month

“Love begins at home, and it is not how  
much we do... but how much love we put  
in that action.”

-Mother Teresa

## *Ameda Platinum Breast Pump*

We are now an official rental  
station for the Ameda Platinum  
Breast Pump!

### Rental Fees

\$60/month per month  
\$55/month for 3 months  
\$50/month for 6 months



<http://www.ameda.com/breastfeeding-products/multi-user-breast-pumps/ameda-platinum-breast-pump>

*Please contact us for details!*