

Home4Birth

Monthly Newsletter

March 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 March newsletter! Spring is just around the corner, so we're going to help you with delicious ways to drink more water and a festive recipe to celebrate St. Patrick's Day!



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

Yoga with Baby

Date: Wednesday, March 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/605753436181877/>

Childbirth Education Series

Date: Saturdays, April 19th - May 31st

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. They will be held every Saturday, from 9:00am-11:30am at our Fishers location from April 19th through May 31st. This includes the following dates: 4/19/14, 4/26/14, 5/03/14, 5/10/14, 5/17/14, 5/31/14.

The cost of the series is \$375. We ask that \$187.50 be paid at the time of RSVP as a deposit and the remaining balance to be paid by or at the first class. Please use our Facebook event page to RSVP, and then contact Carrie, our office administrator, at carrie@home4birth.com to arrange payment. Please direct any questions regarding this to Carrie via email as well.

More details:

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

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.

Tips for drinking more water:

Water should be your main drink throughout the day. You should not drink your calories, with the exception of a nutritious smoothie.



- Flavor plain water with True Citrus products that have flavors like lemon, lime, orange and grapefruit. (www.truelemon.com)
- Add sprigs of mint
- Freeze berries in ice cubes
- Add frozen grapefruit
- Hot tea using orange or grapefruit rinds and sliced ginger
- Home4Birth organic pregnancy tea
- Make your goal to drink a gallon of water within 24 hours
- Buy and use a reusable water bottle that you can take with you and refill during the day

Chicken and Veggie Green Curry



Ingredients:

- 1/2 to 1 diced onion
- 2 Tbls minced garlic
- 1 cup chopped celery
- 1/2 cup grated carrots
- 3 cups chopped cabbage
- 2 cups chopped cauliflower
- 3 cups diced cooked chicken or turkey
- 2 to 3 Tbls coconut oil for sauteing
- 1 cup water
- 2 heaping tablespoons green curry paste
(I used Thai Kitchen brand)
- 1 can coconut milk



Instructions:

- Sauté onion, garlic and celery until veggies are translucent.
- Add cabbage, cauliflower, chicken or turkey and water and cook covered for about 5 minutes.
- Remove lid and cook uncovered to reduce the water.
- In a separate small saucepan add green curry and coconut milk. Simmer for about 5 minutes.
- Pour over veggies and chicken and simmer for another 10 minutes.

Tip for leftovers:

Dump your leftovers in a large saucepan. Add a box or two of organic chicken broth. Simmer until heated through.

<http://lindaskitchentable.blogspot.com/2013/11/chicken-and-veggie-green-curry.html>

Quote of the Month

“May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.”

~ *Irish Blessing*

Welcome to the world!



Adelaide Ann
1/05/14

Sophia Lynn 2/17/14

