

Home4Birth

Monthly Newsletter

June 2014



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Hello and welcome to our June newsletter! We hope you're all enjoying the warmer weather! This month, we have some great homemade remedies for summer's hot sun and pesky bugs. We also have a great list of upcoming events for you to check out!



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!

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Upcoming Events

Yoga with Baby

Date: Wednesday, June 18th

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/600988973325668/>

Babywearing International of Central Indiana Meeting/Playdate

Date: Wednesday, June 23rd

Time: 6:00pm – 8:00pm

Location: Fishers Library, 5 Municipal Dr, Fishers, IN 46038

Details: Lots of different experts and carriers to try during the meeting.

More details:

<http://bwioofcentralindiana.wordpress.com/>

Birth Boot Camp Childbirth Education Series

Date: Saturdays, June 28th – August 30th

Time: 10:00am-1:00pm

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

Details: We are offering a series of 10 Birth Boot Camp childbirth education classes. The cost for the series is \$275.00. Classes will be held every Saturday, from 10:00AM-1:00PM, between June 28th and August 30th. Please email info@home4birth.com for more information and to RSVP.

More details:

<http://www.home4birth.com/childbirth-education/>

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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.

Product Recommendations

Wellness Mama's Homemade Sunscreen Bars

<http://wellnessmama.com/4844/homemade-sunscreen-bars/>

Nova Natural Baby Hammock



<http://www.novanatural.com/baby-hammock.html>

“Rarely would I suggest any product but a families' arms for their little. However if you are going to purchase something to put your infant in besides your arms, a great carrier and your bed this might be a good choice.” – Brandi Wood, CPM

Caribou Baby Woven Wraps



<http://www.cariboubaby.com/collections/baby-carriers-woven-wraps>

Natural Mosquito & Insect Repellent



Ingredients:

- 16oz apple cider vinegar
- 2 T dried basil
- 2 T pure vanilla extract
- Essential oils of lavender, peppermint, and lemon grass



Instructions:

- Mix all together and spray as needed

© Brandi Wood, Clinical Herbalist

Oven Roasted Cauliflower



<http://www.simplyrecipes.com/wp-content/uploads/2005/01/roasted-cauliflower-2.jpg>

Ingredients:

- 5 cups of cauliflower florets (I cheat and use the precut Costco fresh cauliflower)
- 1 bulb of garlic, peeled and pressed
- 3 T of coconut oil (some on pan and some over)
- Salt and pepper to taste

Instructions:

- Bake in oven at 400° for 30 minutes
- Add 1 cup of parmesan when it comes out

© Brandi Wood

Quote of the Month

*"A single sunbeam is enough to
drive away many shadows."*

Welcome to the world!



Hudson John

5/05



Lucien James

5/06



Max Jayden

5/08