



# Home4Birth

October 2014

## Upcoming Events

### Red Tent Event: Preserving Indiana Birth Choices

We are so excited to announce: Preserving Indiana Birth Choices to Host the Annual Red Tent Event! Location: Commonwealth Apartments Gymnasium - 23 N. Rural St., Indy  
Come be a part of the 3rd Annual Red Tent Event! The event was a huge success last year with over 300 consumers attending and 36 exhibitors. The event is to promote awareness of Indiana birth choices, to educate families on birth options available, and to bring as sense of community to the Indy birthing community.

### Birth Boot Camp

Starting October 25th, we are offering a series of 10 Birth Boot Camp childbirth education classes. The cost for the series is \$300.00. Classes will be held every Saturday, from 10:00AM-12:00PM. This class is ideal for families who are due January through March. We recommend these classes to any first time family or any first time to home birth family. Sign up now!

Please email to [info@home4birth.com](mailto:info@home4birth.com) for more information and to RSVP.

**Brandi Wood, CPM**

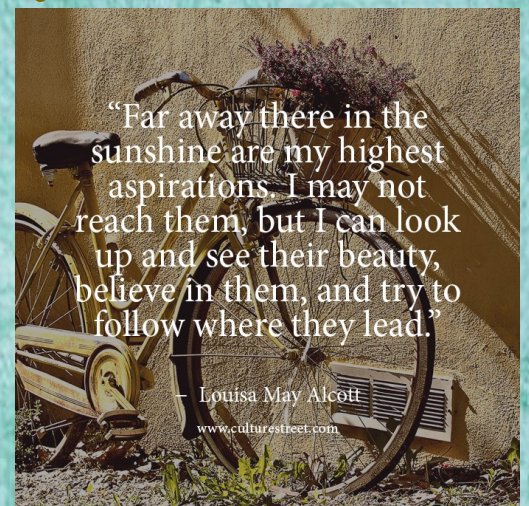
**Mindy Michel, DEM**

**Mindy Morton, Office Administrator**

**12987 Parkside Dr., Fishers, IN 46038**

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

## Quote of the month



“Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.”

— Louisa May Alcott  
[www.culturestreet.com](http://www.culturestreet.com)

## Midwife Mindy's Coconut Bars

These simple, slightly chewy squares are definitely for the coconut lovers out there. I find the sweetness from the mini chocolate chips is sufficient to sweeten these squares. As an alternative, you could use chopped dates or chopped dried apricots.

### Ingredients:

- 2 cups finely shredded unsweetened coconut
- 2 eggs
- 1 tsp vanilla
- ½ cup mini chocolate chips

1. Preheat oven to 350F. Grease a 9×9 inch baking pan.
2. Whisk egg and vanilla together in a small mixing bowl. Add coconut and chocolate chips and stir to combine.
3. Pour out into prepared baking pan. Flatten out and pat down with a spatula or back of a wooden spoon.
4. Bake for 22 minutes, until starting to turn golden. Let cool.
5. Cut into squares and enjoy!



## App Spotlight

Staying hydrated is very important, especially during pregnancy. This month we would like to recommend two apps that will help you do just that.

### Daily Water-



Daily water is the app which helps us to track the quantity of water we drink and remind us to drink water in right time.

### Hydro-



Hydro app reminds you to drink water and helps you stay hydrated every day. The drinking history graphs give you an Overview of your daily and monthly drinking habits.

# Welcome to the world



**Ian**

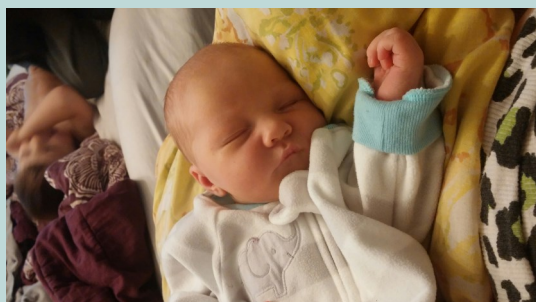


“Halloween Came Early”  
September 28th

**Isaiah Pounamu**  
(Pounamu is Hawaiian for treasured gift.)



**Henry**



**Malachi**



**Naomi**

## Spotlight Product of the Month

**Tender Tush** by YoungLiving

### Product Description

KidScents®Tender Tush is a gentle ointment that nourishes and protects skin with soothing ingredients like coconut, olive, and wheat germ oils. The all-natural ingredients in Tender Tush soothe the delicate skin in the diaper area while gentle essential oils provide comforting aromatherapy. Tender Tush is also great for expectant mothers who are concerned with stretch marks.

- KidScents® Tender Tush contains:
- Natural Ingredients
- Therapeutic-grade essential oils
- No mineral oils
- No synthetic perfumes
- No artificial colorings



## BWI of Central Indiana Meetings and Playdate

**October** -Monday, October 27nd 6:00-8:00p - Babywearing Meeting @ Fishers Public Library



<http://thebabywearer.com/forum/>

<https://www.youtube.com/user/babywearingfaith>