

Nov./ Dec. 2014

Upcoming Events

Meet the Midwives

Have a pregnant friend, refer them to us. Our upcoming meet the midwives:

Dec. 17 6:30 to 8 p.m.

Birth Boot Camp

Starting January 10th, 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 for more information and to RSVP.

We are thankful for you this holiday season!

Brandi Wood, CPM

Mindy Michel, DEM

Kelly Graham-MacDonald,

Office Administrator

12987 Parkside Dr., Fishers, IN 46038

2616 Little John St., Anderson, IN 46013

765-MIDWIFE (765-643-9433)



Roasted Brussels Sprouts with Cranberry

Ingredients

4 lbs. of Brussels sprouts halved

6 Tbsp. . . olive oil

sea salt and pepper

1 bag fresh cranberries (about 3 cups)

3-4 Tbsp. pure maple syrup

1 Tbsp. grated ginger

1 1/2 tsp orange zest (optional; could also use a splash of orange juice)

2 sticks butter

2 Tbsp. chopped shallots or leeks

1/2 tsp fresh thyme

Instructions

Preheat oven to 400.

Toss halved Brussels sprouts with olive oil, salt and pepper. Spread onto 2 baking sheets.

Roast 30-40 minutes, stirring halfway through.

In a saucepan, combine cranberries, maple syrup (or honey), ginger and optional orange zest. Stir over medium heat until cranberries start to

break down.

In a second saucepan, heat the butter over medium high heat. Stir and continue to cook until butter is a golden brown (about 3-4 minutes).

When butter is golden, add thyme and shallots.

Add butter mixture to cranberry mixture. Once the sprouts are roasted, put them on a serving platter.

Spoon the butter sauce over the Brussels sprouts and serve.

New Face in the Office Kelly Graham-MacDonald Office Administrator

I am Brandi's sister. I am so proud to be a part of Home4Birth as the new Office Administrator. I have been happily married for 18 years. I love being an Aunt! I have my BA in Psychology from the University of South Florida and I also teach Life Skills at Ivy Tech.

Please let me know if there is anything I can do for you, Kelly@home4birth.com





App Spotlight Cineman

March of Dimes



welcome

CineMama lets you turn daily photos of your belly into a fun movie momento of your pregnancy. You can also record memories and milestones in a diary while staying informed with weekly tips!

https://www.marchofdimes.org/cinemama/assets/images/cinemama_Logo.png

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Best Christmas gifts you can give your midwifes-

- 1. 1. To give your midwives the gift of rest: If it is a routine question or not urgent, send a message through your chart or add it to your list of questions for your next apt.
- 2. Please let us know about a relocation asap, prior to your home visit which benefits both you and us.
- 3. Prior to your home visit gather all of your birth supplies in one place so we know where to find things on your big day.
- 4. Please make sure that anyone planning to attend your birth is present for your home visit. It gives us an opportunity to put names with faces and answer any questions so your birth can run as smoothly as possible.
- 5. Stay hydrated during the busy holidays.
- 6. Take your supplements; your baby and your body depend on you to make good choices.
- 7. Fill up on whole foods even though there will be lots of yummy goodness available.
- 8. Please keep moving your body.

If anything is urgent you are ALWAYS welcome to call or text anytime of the day or night.



Wesley Born Nov. 2014

Spotlight Product of the Month

CAL/MAG by Home4Birth



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Baby Wearing International of Central Indiana Meeting

Mon, December 29, 6 to 8 p.m. Fishers Public Library, 5 Municipal Dr.

ICAN of Greater Indianapolis

January 27th, 7 p.m. --Birth Stories/informal meeting



http://thebabywearer.com/forum/

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

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