



# Home4Birth

June 2015

## Upcoming Events

### Meet the Midwives

Have a pregnant friend, refer them to our upcoming meet the midwives:

**June 3 or 17, 6:30 to 8 p.m.**

### Birth Boot Camp

Starting May 30, and August 15 we are offering 10 Birth Boot Camp childbirth education classes. The cost for the series is \$300.00. Classes will be held every Saturday, from 10 a.m. to noon. We recommend these classes to any first time family or any first time to home birth family. Sign up now! You can miss up to 3 classes and make them up online.

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

### Baby & Parents Yoga

Exciting Class with instructor Andrew Alam, of Inner Peace Yoga, and his daughter. Join us for an evening of yoga with your little one! Arrive early to mingle. Space is limited, so please RSVP if you plan to attend. Donations encouraged.

**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)**

## Quote of the month





## Baked Scotch Eggs

### Ingredients

- 4 hardboiled eggs
- 13.3 ounces mild Italian ground sausage (gluten free)
- Coconut oil or olive oil

### Instructions

1. Divide the sausage into 4 equal parts...notice I used a food scale.
2. Shape each portion into a flat round.
3. Place a hardboiled egg on the sausage and wrap the sausage around and enclose the egg completely with sausage.
4. Place on a baking sheet that has been greased with coconut or olive oil.
5. Bake at 375F for at least 30 minutes. Mine take about 35. Your oven might depend.
6. You can eat these warm or cold. They are a perfect high protein (23 grams per scotch egg) breakfast on the go.



<http://www.culinaryconcoctionsbypeabody.com/2014/01/21/baked-scotch-egg/>

## Spotlight Products of the Month

### Freemie Breast Pump Collection Cups

Pump with hands free, compatibly.

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



### Paleo Protein Bar

<http://www.julianbakery.com/paleo-protein-bars/>



Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV		
Serving Size 1 bar (60g)		Total Fat	5g	8%	Total Carb.	28g	9%
Calories 170		Sat. Fat	2.5g	13%	Dietary Fiber	26g	104%
Fat Calories 45		Trans Fat	0g		Sugars	2g	
		Cholest.	0mg	0%	Protein	20g	
		Sodium	260mg	11%			
		Potassium	340mg	10%			
		Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 2%					
		Phosphorus 10% • Magnesium 20%					

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.





Axel



Next meeting Aug. 25  
<https://www.facebook.com/ICANofGreaterIndianapolis>

### Baby Wearing International of Central Indiana Meeting

Plainfield meeting

6/6/15 2:00pm

Guilford Township Public Library



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

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

### Breastfeeding Support

The Drop-In Center is centrally located at the Catholic Center 1400 North Meridian Street, Indianapolis. This free service occurs Wednesday's from 4:30 to 8 p.m. Park in the back of the building. On the bus route. Use the back-door entrance to the conference room, and follow the signs. Children of all ages welcome.