



# Home4Birth

September 2015

## Upcoming Events

### Meet the Midwives

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

September 9 or 23, 6:30 to 8 p.m.

### Birth Boot Camp

Starting October 24 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. We have a series that is currently running, if the October classes are too late for you ask about joining sooner.

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

### Baby & Parents Yoga

September 24 from 7 to 8 p.m. Join another exciting class with instructor Andrew Alam, of Inner Peace Yoga, and his daughter. Andy is writing a book on the techniques you will learn here. Spend an evening doing yoga with your little one! Arrive early to mingle. Space is limited, so please RSVP if you plan to attend, [kelly@Home4Birth.com](mailto:kelly@Home4Birth.com) or 765-643-9433. Donations encouraged.

## Quote of the month



**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)**

Mahatma Gandhi



## Goat Cheese-Artichoke Poppers

1 cup blanched almond flour

1 tsp sea salt

1/2 to 3/4 tsp lemon peel

Artichoke hearts, cut in half

approx. 4 to 6 oz. Chavrie goat cheese

3/4 cup coconut oil

Whisk together and set aside

2 eggs

Break eggs into a small bowl and whisk with a fork and set aside.

Take one half of an artichoke heart and approx., 3/4 tsp goat cheese and mold together. Continue till you have as many as you want to make.

Dip each artichoke/goat cheese popper into the whisked egg and then roll in the almond flour mixture. Continue until all poppers are coated with egg and almond flour mixture.

Heat 3/4 cup coconut oil in a skillet over medium high heat.

Place each of the coated poppers in the hot oil and fry until browned on each side, approx. 2 to 4 minutes per side. Drain browned poppers on a paper towel lined plate.

Serve with your favorite dipping sauce.

These delicious grain-free poppers were a hit along with the grilled chicken salad and watermelon for dessert.

It really is easy to make a gourmet meal in under an hour.

Recipe by Linda Collier inspired by a dish at Houlihan's restaurant. <http://blog.lindaskitchentable.com>



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### 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.

## Spotlight Product of the Month



Natracare's extra soft, extra long, breathable, maternity pads are ideal for total comfort and security in the days after giving birth when delicate skin needs to be protected from irritating synthetic materials.

Natracare Maternity pads are extra-long and comfortably padded to give confident and secure protection for the natural blood loss experienced after giving birth. The soft, fluffy, absorbent core, made from totally chlorine free pulp, quickly absorbs and locks away the fluid so that the soft, certified organic 100% cotton cover allows your skin to breath whilst at the same time keeping you dry and free from contact with synthetic materials.

### Check out this website:

[www.mothering.com](http://www.mothering.com)

Mothering the home for natural family living.



<https://www.facebook.com/ICANofGreaterIndianapolis>

### Baby Wearing International of Central Indiana Meeting

Learn how to use your carrier or borrow one of the lending library carriers. See carrier demonstrations and chat with a babywearing educator. Meet and socialize with other babywearing caregivers. Free. Children of all ages, significant others, grandparents, etc. all welcome. Plainfield meeting

9/5, 2-4 pm

Meeting is on the 2nd floor of the Plainfield public library

Fishers Meeting

9/16, 6-8 pm

Roy G. Holland Memorial Park, 1 Park Drive, Fishers, IN 46038

Near the playground, in case of rain meet under the pavilion.



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

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