



Home4Birth

December 2015

Upcoming Events

Meet the Midwives

12/8 & 22 @ 1:30 pm

12/16 @ 6:30 pm

12/30 @ 2pm

Prenatal Yoga

12/5, 12/12, 12/19 at 10:30 am

First class free for current clients.

Drop in \$15, 5 class pass \$55.

Salad in a Jar Party

12/10 @ 5 pm See Facebook for what to bring.

Birth Boot Camp-Childbirth Ed

First Session starts 12/12 at 11:30 am

Belly Dancing with Bernadette

12/10 @ 6:30 pm Free

Please email officeadmin@home4birth.com for more information or to RSVP

The office will be closed 12/25-12/27 and 1/1-1/3 for the Holidays.



Brandi Wood, CPM
Mindy Michel, DEM
Jacole Johnson, RN, Practice Manager
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2616 Little John St., Anderson, IN 46013
765-MIDWIFE (765-643-9433)

Cheese and Walnut Stuffed Dates

INGREDIENTS:

- *dates
- *walnuts
- *cream cheese

INSTRUCTIONS:

- ♦ Open up pitted dates & fill them with cream cheese.
- ♦ Push walnut half into the cheese filled date.
- ♦ Repeat with the rest of the dates
- ♦ Enjoy!

Recipe and photo from
<http://thethingswellmake.com>



Eating six dates daily during the last 4 weeks of pregnancy significantly reduced the need for induction and augmentation of labor, and produced a more favorable delivery outcome.



Henry & Grace





BIRTH BOOT CAMP CHILDBIRTH EDUCATION

Sign up today!

Classes beginning Dec. 12th

10 class sessions

Call us for more information or visit

http://birthbootcamp.com/?ap_id=home4birth

“An Amazing birth is possible”



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 backdoor entrance to the conference room, and follow the signs. Children of all ages welcome.



<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 & 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:

Sat, December 5, 2pm – 4pm
2nd floor of the Plainfield public library
1120 Stafford Rd, Plainfield, IN 46168

Fishers Meeting:

Wed, December 16, 6pm – 8pm
Fishers Public Library
5 Municipal Dr. Fishers, IN 46038



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

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