



Home4Birth

January 2016

Upcoming Events

Wed. Jan. 13th & 27th @ 6:30pm - **Meet the Midwives**

Thur. Jan. 14th @ 5:00pm - **Salad in a Jar Party** (RSVP required, FREE)

Thur. Jan. 14th @ 6:30pm - **Belly Dancing with Bernadette** (FREE)

Tues. Jan. 19th @ 1:30pm - **Meet the Midwives**

Every Saturday Morning @ 10:30am

Prenatal Yoga with Lauren

(First class is Free. 5 Classes for \$55. Drop in for \$15/class)

Please email officeadmin@home4birth.com

for more information or to RSVP



Happy New Year!
From all of us at Home4Birth

Brandi Wood, CPM

Mindy Michel, DEM

Jacole Johnson, RN, Practice Manager

12840 Ford Drive Suite 100 Fishers, IN 46038

2616 Little John St., Anderson, IN 46013

765-MIDWIFE (765-643-9433)

Another Year,
Lots of New Dreams.



I OUGHT TO FEEL GUILTY CHEESECAKE

INGREDIENTS:

- ◆ Any pie crust (Graham cracker)
- ◆ 24oz cottage cheese
- ◆ ¾ Cup eggs (3-5 eggs)
- ◆ ¼ Cup honey
- ◆ 1-2 T. grated lemon rind
- ◆ ¼ Cup lemon juice with pulp

INSTRUCTIONS:

- ◆ Combine ingredients in food processor and blend until smooth. Spoon into prepared crust. Bake at 350° for 45-60 min or until top puffs lightly all the way to the center.
- ◆ Enjoy!



Recipe from:
Le Leche League Whole foods Cookbook

BABYWEARING BENEFITS FOR PERINATAL MOOD OR ANXIETY DISORDERS

"Babywearing" simply means holding or carrying a baby or young child using a baby carrier. Holding a baby is natural and universal; baby carriers make it easier and more comfortable.

A perinatal mood or anxiety disorder (PMAD) is any mood or anxiety disorder that begins between the third trimester of pregnancy and the first year of an infant's life, impacting as many as 20% of parents.¹ Mothers and fathers can be affected, as can adoptive parents.

How wearing your baby can help:

- » Increases a caregiver's confidence in their ability to care for their child²
- » Allows a caregiver to care for their baby while attending to the daily tasks of living
- » Promotes bonding between caregivers and infants³
- » Helps caregivers cope with the stress of raising a special needs infant²
- » Significantly reduces infant crying⁴
- » Helps satisfy the baby's need for human interaction⁵

Sources

¹ Best, K., Berfield, W., & Williams, C. (2008). Prevalence of Self-Reported Postpartum Depressive Symptoms. *Morbidity and Mortality Weekly Report*, 57(16), 591-596.3. Tesser, R.

² Orato, M., Velez, S., Grillo, M., Figueroa de Calama, Z., Ruiz-Palacios, J.G., Charpak, Y. & Charpak, N. (2008). Kangaroo mother care and the bonding hypothesis. *Periatrics*, 122(2), 677.

³ Arendt, E., Casper, V., Noyce, M., & Cunningham, N. (2000). Does infant-carrying promote attachment? An experimental study of the effects of increased physical contact on the development of attachment. *Child Development*, 71(2), 167-182.

⁴ Hunsler, G.A., & Carr, R.E. (2008). Increased carrying reduces infant crying: A randomized controlled trial. *Pediatrics*, 121(5), 640-648.

⁵ Pellico-Nogueras, M., Field, T. M., Hussain, Z., & Pickens, J. (2000). Depressed mothers' touching increases infants' positive affect and attention in self-face interactions. *Child Development*, 71(4), 1190-1192.





CHILDBIRTH EDUCATION

Sign up today!

Next session beginning February 27th
10 class sessions

Call us for more information or visit
http://birthbootcamp.com/?ap_id=home4birth



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

Baby Wearing International of Central Indiana Meeting

Wed, January 20th, 6pm – 8pm
Fishers Public Library
5 Municipal Dr. Fishers, IN 46038

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

<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.



Isaac Wilton



Brynlee Rae



Clementine Ida



Hands Free Pumping Bra
by Simple Wishes

Find here on Amazon

<http://amzn.com/B00295MQLU>