



Home4Birth

September 2016

Upcoming Events

- * Tuesdays and Wednesdays **Meet the Midwives** call the office for further information
- * Monday Sept. 19, 6 to 8 p.m. **Damsel in Defense Party**
- * Every Monday, 6 p.m. **Prenatal Yoga with Lauren** Free for clients, Guest \$11/class or 5 classes for \$45

Please email officeadmin@home4birth.com or call 765-643-9433 for more information or to RSVP to these events!

Quote of the Month

“The hard days are the best because that’s where champions are made.” -Gabby Douglas

**Brandi Wood, CPM,
Mindy Ulz, DEM, &
Kelly Graham-Macdonald,
Office Administrator**

12840 Ford Drive Suite 100 Fishers, IN 46038
2616 Little John St., Anderson, IN 46013
765-MIDWIFE (765-643-9433)

Welcome August Babies



Isabella Jeanne



Kamaria Soul

Product Spotlight



Bee's wrap is a natural alternative for food storage. It is made with organic cotton, beeswax, organic jojoba oil, and tree resin. It is washable, reusable, and compostable. Product available at www.beeswrap.com



Rosalie
Veda-Louise



Anderson



Milo



Salem Ash

BWI of Central Indiana
Baby Wearers Next meeting is Sept 20,
6 p.m. at the Fishers Library.

Paleo Creamy Basil and Chicken

Ingredients

1 lbs. chicken boneless skinless thighs or breast
 1/2 yellow onion
 1 tsp. coconut oil
 3 garlic cloves
 2 Tbsp. sunflower seeds
 1 Tbsp. nutritional yeast
 1 package basil
 1 Tbsp. avocado oil
 Sal and pepper
 1/2 cup coconut milk
 1/2 tsp. arrowroot powder
 1/2 cup cold water
 1 cup cherry tomatoes, halved

Directions

1. Heat coconut oil in large skillet until it sizzles.
2. Slice onions and add them to skillet. Cook until translucent.
3. Add chicken to skillet, cook 12 minutes flip and cook for 13 more minutes.
4. Place garlic in food processor and pulse until finely minced. Add sunflower seed and repeat. Add yeast, salt, and pepper to processor. Add basil and avocado oil and pulse.
5. In a small bowl whisk arrowroot powder into the water. Add coconut milk
6. Whisk into pesto and add to the skillet with chicken. Bring to a simmer
7. Add tomatoes and simmer 1-2 more minutes.

CHILDBIRTH EDUCATION



Next meeting Sept. 20, 7 p.m. at the Fishers Library. They meet the third Thursday of every month at 7 p.m.

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.