



# Home4Birth

October 2016

## Upcoming Events

- \* Tuesdays and Wednesdays **Meet the Midwives** call the office for further information
- \* Every Monday, 6pm **Prenatal Yoga with Lauren** Free for clients, Guest \$11/class or 5 classes for \$45

Please email [officeadmin@home4birth.com](mailto:officeadmin@home4birth.com) or call 765-643-9433 for more information or to RSVP to these events!



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“Be the change you wish to see in  
the world”

-Gandhi



# Welcome September Newborns



Lilah



Fiona



Samantha



Marie

## Energy Bites

### Ingredients

- 1 cup oats
- 1/2 cup mini semi sweet chocolate chips
- 1/2 cup ground flax seed
- 1/2 cup nut butter
- 1/3 cup honey
- 1 tsp vanilla

### Directions

- Combine ingredients together in bowl
- Form into ball and place on cookie sheet
- Freeze for 1 hour or until set





## Fleece Babywearing Sweatshirt

Fleece sweater that allows baby to be worn front or back in a specially built snug pocket. The sweater is to be paired with a wrap or carrier. The sweater has a hood attached to protect babies head from cold, wind, or rain. Sweater can be worn by men or women available in various sizes and colors.

Available at:

<http://en.lennylamb.com/>



CHILDBIRTH EDUCATION



Childbirth education classes starting soon. Call or email the Home4Birth office for details on how to sign up!

### 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.



ICAN meets every third Tuesday of the month at 7pm in the Fishers library