



# Home4Birth

December 2016

## Upcoming Events

- \* Tuesdays and Wednesdays **Meet the Midwives** let your pregnant friends know about this free meeting.
- \* Every Monday, 6pm **Prenatal Yoga with Lauren** Free for clients, Guest \$11/class or 5 classes for \$45. Postnatal moms welcome!
- \* January 5, 2017, 6 p.m. Birth Boot Camp, childbirth education classes, series of 10 for \$300.

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

Happy Holidays



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## Welcome November Baby



Adelyn



### Baby Wearers Meeting

Baby Wearers of Central Indiana has a meeting December 15 at Fishers Public Library from 6 to 8 p.m.! Also on the west side at Krannert Park (605 High School Rd.) the first Saturday of every month at 10 a.m.

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

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

### Paleo Chicken Stew

#### Ingredients

1/4 cup oil  
1 cup onion, chopped  
14oz can diced tomatoes  
2 cups chicken broth  
1 tsp garlic, minced  
1 tsp thyme  
1 bay leaf  
1 tsp salt  
1/2 tsp black pepper  
4 cups potato diced  
1.5 cups carrot, sliced  
2 cups boneless, skinless chicken breast, chopped

#### Directions

Heat oil in large pot  
Sauté onions for 2 min  
Add all ingredients except for potatoes, carrots, and chicken  
Bring to a boil  
Add remaining ingredients  
Simmer until vegetables are done, ~30 minutes  
To thicken add cornstarch





## Primal Pit Paste

A natural alternative to deodorant that is safe enough to use on young children and effective enough for adults with active lifestyles. It is an organic product that is not tested on animals and does not contain common allergens such as gluten, soy, or corn. More information and products available at <http://primalpitpaste.com/>



## 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 December 20 at 7pm in the Fishers library

## CHILDBIRTH EDUCATION



Childbirth education classes starting 1/5/17. We offer ten Birth Boot Camp childbirth education classes. The cost for the series is \$300.00. Classes are held Thursday nights from 6 to 8 p.m. & Saturdays, from 10 a.m. to noon. We recommend these classes to any first time family or any first time to home birth family. We require families new to home birth to take some form of non-hospital based childbirth education. Sign up now! You can miss up to 4 classes and make them up online. Call or email the Home4Birth office for details and to sign up!