



Home4Birth

February 2017

Upcoming Events

- * February 18 **Birth Boot Camp** begins. Call to sign up! See page 3 for more information.
- * 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 or call 765-643-9433 for more information or to RSVP to these events!

Quote of the Month

"The difference between who you are and who you want to be is what you do."

-Bill Phillips

**Brandi Wood, CPM,
Mindy Ulz, DEM,
Gay Marsh, CPM, &
Kelly Graham-MacDonald,
Office Administrator**

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Welcome January Newborns



Elizabeth



Iris

Paleo Berry Crumble

Ingredients

- 4 cups mixed fresh berries
- 1 cup almond meal
- 1 cup of assorted nuts, oven roasted
- 1/2 cup ghee (clarified butter)
- 1/2 teaspoon ground cinnamon

Directions

- Preheat oven to 350
- Crush the nuts into small chunks
- Combine almond meal, nut chunks, cinnamon, and ghee
- In a pie dish, spread half of the nut mixture over the bottom
- Layer with mixed berries
- Finish with another layer of nuts
- Bake for 30 minutes and serve warm



Recipe from: <http://paleoleap.com/berry-crumble/>

Ameda Platinum Breast Pump

Ameda Platinum Hospital Grade Breast Pumps are available to rent from both of our locations, in [Anderson and Fishers](#). Hospital grade breast pumps are a must if you plan to be gone more than 6 hours per day from your baby. Or if you have a baby who is not latching on for whatever reason



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 February 16 at 7pm in the Fishers library

CHILDBIRTH EDUCATION



Childbirth education classes starting 2/18/16. Call or email the Home4Birth office for details and to sign up! We offer ten Birth Boot Camp childbirth education classes. The cost for the series is \$300.00. Classes are held 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.