



Home4Birth

March 2017

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 or call 765-643-9433 for more information or to RSVP to these events!

Happy Spring!!



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Welcome February Newborns



Walker



Matthew



Lincoln



Henry

Chicken Fajita Wraps

Ingredients

2 Tbsp. extra virgin olive oil
 1 white onion (thinly sliced)
 1 green bell pepper
 1 tsp cumin
 1/2 tsp chili powder
 Salt and freshly ground pepper
 2 boneless, skinless chicken breast
 3/4 cup tomato salsa
 1 cup chicken stock
 1 lime
 Leafy lettuce



Directions

Heat 1 Tbsp. of olive oil in a medium pan over medium heat
 Add half of the onion and sauté for 4-5 minutes
 Stir in the cumin and chili powder
 Season the chicken with salt and pepper
 Add the chicken, salsa, and chicken stock to the pan and bring to a boil
 Reduce the heat to a simmer and cook, covered for 15-20 minutes
 Meanwhile, melt the remaining oil in a separate pan over medium heat
 Add the other half of the onion and bell pepper and sauté for 5-6 minutes
 Remove the chicken from the pan and set aside to cool
 Bring the stock in the pan back to a boil and reduce for 5-8 minutes
 Shred the chicken, then place back in pan and reduce heat to low
 Stir in juice of the lime
 Serve on leaves of lettuce, topped with sautéed onions and peppers

Baby Organic Hammock

By LA SIESTA



A hammock made from pure cotton designed to safely cradle infants. The hammock comforts infants with a soft swinging motion. Additional information and purchasing available at <https://www.wayfair.com/LA-SIESTA-Baby-Organic-Hammock-LSTA1045.html?source=hotdeals>

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 March 16 at 7pm in the Fishers library, 5 Municipal drive, Fishers, IN

CHILDBIRTH EDUCATION



We offer ten Birth Boot Camp childbirth education classes. The cost for the series is \$300.00. Classes are held Thursdays, from 6 to 8 p.m. 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.