



# Home4Birth

May 2017

## Upcoming Events

- \* Tuesdays and Wednesdays **Meet the Midwives** call the office for further information
- \* Birth Boot Camp begins Thursday June 1 @ 6 pm
- \* 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!

The Home4Birth team would like to thank Mindy Ulz, DEM for her wonderful 6 1/2 years of hard work and service to Home4Birth! We wish her well as she transitions into nursing school and her next season of life!



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&  
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## Welcome April Babies



Emmeline



Josiah



Wesley

## Apple-Walnut Rainbow Chard Salad

### Ingredients

#### DRESSING

- 1/2 tbsp. honey
- 2 tbsp. apple cider vinegar
- 3 tbsp. olive oil
- 1/4 tsp salt
- 1/8 tsp black pepper

#### SALAD

- 4 cups shredder Swiss chard
- 2 medium apples, thinly sliced
- 1 large stalk celery, thinly sliced
- 1/2 small onion, thinly sliced
- 1/2 cup toasted walnuts, coarsely chopped

### Directions

Wisk together all ingredients for dressing in a large bowl

Toss in all salad ingredients, except for walnuts

Top with walnuts and serve





## Toddler Tula

The ergonomic toddler carrier has the tallest and widest panel, of all Tula carriers. It offers an intuitive, comfortable carrier for you and your child. Beginning at 25 lbs., the toddler carrier is designed to be snug and supportive for a larger child who still loves and needs your cuddles. Shop all the styles at <https://babytula.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 May 16 at 7pm in the Hamilton East library, 5 Municipal drive, Fishers, IN. There will be a brief break from meetings in June and July. Meetings will resume in August

### CHILDBIRTH EDUCATION



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 as well as Thursdays from 6-8pm. 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. Contact the office for more information.