

Bloomington Area Birth Services

... because birth matters

www.bloomingtonbirth.org ~ info@bloomingtonbirth.org

Come visit us!
We are open:
Mondays-Fridays 10am – 6pm
Saturdays 10am – 2pm
2458 S. Walnut
PO Box 302
Bloomington, IN 47402

Upcoming Events:

... JULY ...

Exploring Birth Options
Loving Touch class

... AUGUST ...

Ones & Twos: How to Love
Parenting Your Toddler
Sibling Class
Labor Support for Family &
Friends

... SEPTEMBER ...

Bonding Beyond Birth
& Breastfeeding

Please visit our website
bloomingtonbirth.org
to see the full schedule.

Pledge to contribute to

BABS

We are committed to providing our community with valuable resources, and [you can help us continue our work.](#)

It costs us **\$400 per day** keep our doors open. If you like who we are and what we do, then pledge to give us financial assistance. We would be grateful for any amount on a monthly or one-time basis.

In return, we continue to honor our pledge: to work hard for mothers, fathers, and babies.

Summer 2011

Director's Note

So it's been awhile since we mailed out a newsletter.... let me catch you up on what has been going on since last we met...

Some things that we started at the first of the year or earlier are starting to come into their own. First off, our fundraising campaign is going well. Our goal is to raise \$100,000 - and we are moving along, with money coming in through monthly pledges, one-time donations, and through our events, most notably the Annual Gala that took place in February. Please check out the amazing list of donors in this newsletter! We are so grateful to each and every one of you for making it possible for us to help so many families. We could not continue our work without you! Secondly, the Lactation Center has passed the six-month mark of being open! It feels like it has been with us longer, so seamlessly has been its integration into our services. We adore Ann Marie - she is gracious, professional in her demeanor, and tireless in her efforts for moms and babies. We declare the Lactation Center a success and look forward to many more months and years of helping moms and babies! Look for more information on the LC in this newsletter. And finally, we are in the final data-collection phase of compiling all of our statistics since we started. This will make it so much easier to keep up with our data later, and we are looking forward to being able to speak with more confidence about the impact we are having on maternal and child health and well-being in our community. You may be getting a phone call or email if we are lacking information about your birth and postpartum experience.

We've also got a new project coming up, the start-up of a Volunteer Doula Program. Just like the Lactation Center, having a Volunteer Doula Program is part of our strategic plan. (Isn't it exciting to know that BABS has a strategic plan?) The doulas will be required to have taken a doula workshop from a national certification program (such as DONA International, CAPP). They will receive additional training for working as volunteers and to ensure that they know how to find resources for the families they will be working with. We are focusing our efforts on at-risk pregnant women, and we are casting that net widely: teens, victims of domestic violence, in recovery from substance abuse, non-native English speakers, or living in poverty. We know from the research and the experiences of others who work with at-risk populations that doulas can have a huge impact on these families. We are in the fundraising phase of this project, and are looking to raise \$5000 for the first year. The doulas will be ready to begin in January of 2012. We welcome inquiries about becoming a volunteer doula, finding women who are in need of a doula, and of course, donations to this project. Give me a call or send me an email.

We couldn't be doing all of this without our most amazing Board of Directors. My most heart-felt gratitude to out-going Board President, Melissa Ganka-Collins. We have worked together for five years now, and I feel very lucky to have had the pleasure of working with her and seeing BABS benefit from her dedication, strong leadership, and hard work. Thank you, Melissa! Cynthia Dye, our new Board President and Heather Nicholson, our new Board Vice-President promise to be an equally amazing team, leading the Board into a new phase of development and success. I am very excited about where we are going! Please be sure to read the notes from the Board- and if you are so inspired, contact us about volunteering on Board projects or perhaps even joining the Board.

By the way, I should probably mention one of the biggest things that has happened since the last newsletter. I was recognized in March

Continued on page 5

Welcome to summer! The heat is on, the rain clouds plenty and life is growing all around us. Working with expectant families and seeing them welcome a new baby (or babies!) is quite exciting, as is watching that newborn blossom into a boisterous toddler. As we look at our programming schedule, we try to include a variety of opportunities for families to grow, learn, and explore the topics relevant to their needs. Whether it's prenatal yoga, childbirth education or any of our services for families with child(ren), we hope to create a space where you feel cared for, safe and supported throughout your journey in parenting.
~ Amy Beck CD(DONA), LCCE

Special Programs Coming up @ BABS

Coping with Confidence: *September 13, 7-8:30pm*

What does it mean to cope confidently? This is something we talk about in this 90-minute workshop, along with hands-on practice and demonstrations to help you work through the stages of labor. You will practice positions, relaxation techniques and massage with an opportunity to ask questions of the birth doulas facilitating this class.

Cost: \$5/one person or \$8/two people

Pampering in Pregnancy: *June 28th, 6:45-8:45pm*

Now is the time to celebrate your growing baby and changing body as your baby's birth day approaches. This 2-hour event will provide you time to talk with other expectant women, eat some good food, and be pampered by some of the local birth doulas. You will receive a foot soak and massage, head massage and seated massage.

Cost: \$20/person or 2 punches on an exercise/activity pass 6-month and 1-year pass excluded

Exploring Birth Options: *July 9th, October 9th 1-3pm*

You're pregnant, or considering a pregnancy. Who will be your midwife or doctor? Where will your baby be born? What kind of support and information will you need before, during, and after the birth? This class is designed to give parents-to-be the resources they need to make informed decisions throughout the childbearing year. First-time and experienced parents welcome.

Cost: \$25/person or couple

Ones and Twos: How to Love Parenting Your Toddler:

August 7 & 14, 1-3pm

Your baby started walking on two feet and suddenly has strong opinions about almost everything! How do you support healthy exploration and development while providing appropriate boundaries and meeting the needs of the whole family? Part One of this workshop will focus on normal toddler development (including common challenges) and will provide long-term parenting strategies for strong relationships. In Part Two we will address specific challenges faced by class participants. Some possible topics include tantrums, aggression, discipline, siblings, sleep, weaning, food, and potty training.

Cost: \$30/person or pair (two 2-hour sessions)

Labor Support for Family and Friends: *August 28, 1-3pm*

Here's an opportunity for your mom, sister, best friend, etc. to learn the skills and information necessary to best help you during the birth of your child. Birth doula and childbirth educator Molly Mendota will teach and practice labor and postpartum support skills for any kind of birth. She will also provide basic birth information and current medical and midwifery practices, so that your support people will be comfortable and confident helping you through your labor.

Cost: \$30/person

Bonding Beyond Birth and Breastfeeding: *Sept 25, 3-5pm*

Your baby's here, you've recovered from the birth, and you can hardly remember what life was like before this little person was here to fill your days and nights. Now what? How will you support the development of a secure, confident person as your baby changes from a newborn into a walking, talking one-year-old? This workshop will address the dramatic changes and common issues parents face in the first year of life, including sleep, feeding, crying, safety, childcare, separation/stranger anxiety, developmental milestones, and baby gear and activities. Designed for parents of babies from six weeks to twelve months old.

Cost: \$20/person or pair

Infant Massage Instruction

Third Monday of each month 11-12pm Baby-led class for parent(s) and their infants (newborn-8 months). Infant massage instruction, conscious parent discussion, and suggestions for integrating learning into your home. Parents will leave with the tools and resources to incorporate infant massage into their daily family routine.

Registration: Please preregister for this class by contacting BABS office. Minimum families 3, Maximum 6

Cost: \$15/class.

SUMMER EXERCISE & ACTIVITY UPDATED SCHEDULE

Prenatal Yoga: Tuesdays 5:30pm,

Thursdays 5:30pm & Saturdays 10:00am

Dancing for Birth: Mondays 6:00pm

Postpartum Yoga: Tuesdays 10:00am & Fridays 11:30am

Family Yoga: Saturdays 11:15am

(no Family Yoga June 25-July 30- will resume August 6)

Baby Music: Second Wednesday of each month, 5:30-6:00pm

Family Music: Fourth Wednesday of each month, 5:30-6:00pm

Play & Sign: Mondays 10:15-10:45am (no Play & Sign July 11)

We are excited to offer a new program with Amy Makice and co-facilitator Connie Nelson Laird. These groups are designed to help parents with the challenge of keeping up with the ever changing child.

As soon as you've got the perfect bedtime routine everything changes. Right after you finish childproofing, your toddler learns a new climbing technique. Join us starting in July for new developmental groups - offering support, fresh ideas and connection with parents in the same boat. While each group will have a guiding topic, questions on any developmental topic are welcome.

Developmental groups are designed to cater to your child's specific cognitive age and stage. While there are no strict rules about ages for attending, and you are welcome to come to topics that catch your interest, the guidelines can help you choose the best match for you and your child. The group format is casual, with open playtime and discussion filling most of the time along with some more specific sharing of ideas and techniques for the listed topic.

Sprouts- ages 4-12 months: whether or not your baby is crawling, they seem to be moving everywhere. These infants are constantly growing and changing and bringing you along with them. Join us as we talk about common issues such as starting a healthy approach to eating, growth spurts and mental leaps and secure separation.

Movers and Groovers- ages 9-15 months: Is your child suddenly on the move and babbling? Then you've got a mover and groover. Join us as we explore the challenges presented by transitioning into toddlerhood from infancy. We'll talk about common toddler issues, child proofing, redirecting behavior, and helping everyone get enough sleep.

Explorers- age 1-2 years: Now that your child is toddling, life is a whole new ball game. This is a perfect time to join us for an introduction to positive discipline, communicating with your child through play, supporting your child's learning and emotional intelligence.

Walkers and Talkers- ages 24-36 months: Sometime between 2 and 3, toddlers start to seem more and more like they are growing into little people. These little people need help with toilet learning, managing their social skills, avoiding power struggles and even learning some mindfulness techniques.

One Free BABS Yoga Class

You're invited to join us for one free prenatal or postpartum yoga/exercise class!

[See our current class schedule on page 2.]

Cut out this coupon and try out one of our fitness classes this week! Or pass this coupon on to a friend!



World Breastfeeding Week, August 1-7

Photo Contest - We had so much fun with our photo contest last year, we have decided to repeat it! Submit your photos to BABS anytime between July 18 - 30. We will display the photos at BABS and our clients and customers can "buy" votes for their favorites. All proceeds go to supporting the Lactation Center at BABS. The winner will receive some fun WBW swag.

**'Bookmark' the BABS Blog:
www.bloomingtonbirth.org/blog**

The purpose of our blog echoes that of BABS as an organization...to educate, support, and empower pregnant women, new mothers, and their families as they make informed decisions throughout the childbearing year and early parenting, honoring the diversity of families in our community. The BABS blog is a place where new families can find encouragement, support, and relevant information during this very special transition into parenthood. Local experts and community members are invited to share their knowledge, stories, tips, book and product reviews in a friendly, non-judgmental forum on topics ranging from pregnancy through early parenting. If you are interested in reading about a particular topic or contributing a blog please contact Joy at joy@bloomingtonbirth.org.

In celebration of World Breastfeeding Week, we will have Special Breastfeeding posts on the BABS Blog in August

Schedule for upcoming developmental groups:

All groups meet 4:00-5:30pm and are free, drop-in groups

- ☞ July 12 Movers and Groovers: Redirecting behavior
- ☞ July 19 Explorers: Communicating with your child through play
- ☞ July 26 Walkers and Talkers: Social Skills for Toddlers
- ☞ Aug 2 Sprouts: Growth Spurts and Mental Leaps
- ☞ Aug 9 Movers and Groovers:
Naptime/bedtime routines - helping everyone get the ZZs they need
- ☞ Aug 16 Explorers: Introduction to Positive Discipline
- ☞ Aug 23 Walkers and Talkers: Avoiding Power Struggles
- ☞ Aug 30 All groups: Brain-based parenting-- supporting early learning

Amy Makice, LCSW and Connie Nelson Laird, MSW will be facilitating these groups.



Things at the Lactation Center have been busy! In the first six months of being open we have had 133 lactation consultations, had 14 women attend six breastfeeding or pumping classes and 114 participants in our monthly breastfeeding group, Nurse & Chat. We knew there was a need for outpatient breastfeeding support in our community and it's wonderful to know that we are filling that need.

More important to me than the numbers are the individual stories and lives that I encounter everyday. The families I have the privilege to work with inspire me. I am amazed by the strength and determination of the women I meet. I am in awe of the lengths that new mothers will go to in order to provide breastmilk for their babies. I am honored to witness the struggles and the joys of each new family I support.

Magical events transpire in our consultation room and the fact that I get to be there when they happen is a dream come true for me. I have the clinical knowledge to help with the lactation part of things and I have the counseling experience to guide the process of breastfeeding, but it is the mothers and babies that are making the magic happen. Our room is so lovely and calm, with a comfortable couch and dim lights. When a mother and a baby are skin-to-skin in this environment is when the magic happens!

One of our summer interns has been observing consultations and she recently saw baby-led latching for the first time. A

mother and baby were skin-to-skin and in a reclined position. This sweet baby was on her mother's chest and instinctually started to bob her head and make her way to her mother's breast. She got herself there, with her mother's help and support, opening her mouth wider and wider as she got closer. She arrived at the nipple, opened wide and latched on beautifully. "Oh, that's what it's supposed to feel like!" the mother exclaimed. In this particular case, I didn't really do anything more than help this nursing pair tune into what they already knew. They had temporarily lost their way when visitors came to town and all they needed was some support and a gentle reminder that this new baby has the innate ability to breastfeed.

After the visit our intern said it was all she could do to stop herself from applauding when the baby latched on. I know that feeling! I love that feeling. Every time I see it, it's as exciting as the first time.

Please let me know if you have any questions about the Lactation Center. We welcome your interest! Without the help of volunteers and the financial contributions of our generous donors, the Lactation Center would not be possible. Please consider supporting our Center to ensure that families in our community continue to have access to affordable breastfeeding support. Thank you!

~ Ann Marie Neeley Burkhart, IBCLC & Clinical Director

(812) 335-MILK(6455)

Please call to
schedule an appointment.
Services available
Monday through Friday



Appointments with a Lactation Consultant

- Prenatal & Postpartum Consultations
- Pre-Adoption Consultation
- Returning to work Consultation
- Follow-up Consultation
- Workplace Consultation

••• Lactation Center Fees •••

It is the policy of Bloomington Area Birth Services to provide breastfeeding support and education regardless of your ability to pay. We ask that clients look at the income schedule and decide what category they fall in and then use the fee schedule to determine the cost for our services. We do not ask for verification and operate on the honor system.

We strive to apply this system uniformly and evenly and without discrimination.

Breastfeeding Classes

Making It Work: A Pumping Class for Nursing Mothers Returning to Work or School

Topics covered will include: strategies for breastfeeding through full and part-time employment or school; making milk (to go) - breast pump info, milk storage, feeding expressed milk to babies, maintaining supply, and avoiding common difficulties encountered by employed/student mothers and nursing babies.

Saturdays, July 16, September 10 1:30-3:30pm

Milk Matters: A Prenatal Breastfeeding Class for Expectant Parents

A Breastfeeding class for anyone who is not taking the BABS Birth Class. This class covers: how to establish a good milk supply, early feeding cues, latching and positioning to prevent sore nipples, how to know baby is getting enough milk, and when and where to get help if you need it. Partners are welcome and encouraged to attend.

Mondays, July 18, August 29 6-8:30pm

Other Lactation Center Services

Infant Massage/CranioSacral Treatments

This gentle, noninvasive treatment provided by trained craniosacral practitioners can help babies who are experiencing difficulty breastfeeding, digestion, colic or are having difficulty settling in after a difficult birth or postpartum.

Nurse and Chat

A free time to chat with other moms and get your breastfeeding questions answered by a lactation consultation!
2nd Wed. of the month 9:30-1pm, drop in anytime

New at The BABS Boutique



***Loving Naturals Sunscreen**
A broad spectrum UVA/UVB protection. 100% natural, vegan, and safe for babies. SPF30+

***Snack Bags and Sandwich Wraps**
Made by Planet Wise, these FDA food safe bags and wraps are also PVC, BPA,

Phthalate, Latex and Lead free. A cute eco-friendly alternative to plastic. Hand or machine wash cold.

***Preggie Pops**

Developed by healthcare professionals as a natural way to provide relief from morning sickness. Lollipops available in 7 flavors: Peppermint, spearmint, lavender, ginger, sour lemon, sour tangerine, and sour raspberry.



***Maternity Belly Bands**

Wear your favorite pre-pregnancy clothes longer. Add length to your tops. Cover undone buttons on pants and skirts. Wear postpartum to add coverage during breastfeeding.

***Funk Rock Natural Ammonia Bouncer**

Rockin Green just came out with a new phosphate free, enzyme free, SLS free way to get rid of the ammonia stinkies that can often come with cloth diapering. Guaranteed to knock out your ammonia problems in 30 minutes or less.



***Shake It Up**

Rockin Green has a new scented diaper pail freshener. A few shakes in your diaper pail keeps smells at bay. It comes in lots of yummy scents: Rage Against the Raspberry, Mighty Mighty Marshmellow, Smashing Watermellons, Lavender Mint revival, and more.

**Bring in this coupon
to receive
20% off
one item.**

Coming soon . . .

**In celebration of World Breastfeeding week, we will offer
BABS Lactation Center t-shirts!**

**Help support BABS
by donating your gently used maternity clothes.**

Since January 1st, we have raised nearly \$1,500 for the BABS Angel Fund, (which gives scholarships for our classes and services), through this effort.

Simply drop off your clean maternity items and we will be happy to provide you with a receipt for tax purposes. We are unable to accept undergarments, bras, nursing clothes, or baby items. Thank you for helping BABS help families in Bloomington.

Upcoming BABS Boutique Sales

Keep Cool Sale

July 12 - 18

World Breastfeeding Week Sale

August 1- 8

Labor Day Sale

August 30 - September 3

Director's note continued from page 1

by the City of Bloomington's Commission on the Status of Women. In case you didn't hear, I was named Woman of the Year. Even though it has been several months since it happened, it still feels kind of awkward and strange to write it out. I can't even really put into words my thanks to Liz Rosdeitcher, a former BABS client and Board member and amazing writer, who wrote the nominating letter. My deepest gratitude to the committee as well. This kind of public recognition is really once in a lifetime. I was thrilled to be afforded the chance to tell a whole new room full of people about the work that we at BABS

do. That was the mind-blowing bit- to stand up at that podium and get to say "birth matters." If you missed it, I put my speech up on the BABS Blog; you can read it there.

You can see why I still love my job. These are all exciting developments, and while I expect it to have some tough moments and probably to make some mistakes along the way, I can't imagine doing anything else right now. Next time you get a chance, stop by the BABS office and visit. I'd love to get your feedback and fill you in on more details. Have a great summer!

~ Georg'ann Cattelona, Executive Director

A message from our outgoing Board President...

BABS has enjoyed a slam-bang start to the 2011 year! As a Board we set our highest fundraising goal to date, and thanks to so many of our supporters, we have had a successful five months so far. We began the year with a Fundraising Pledge Drive and Open House. We have been welcoming regular monthly pledges and larger one-time amounts. Through pledges and events, we were able to reach 30% of our goal in the first 2 months! We are still hard at work to raise enough funds to properly support the Lactation Center's postpartum doula services. We are still seeking the funds to meet these needs, which are greatest among our low-income families. Please consider filling out the card on the back of this newsletter to help us reach our goals. On a very positive note, this larger location is definitely paying off. Classes are full and the Boutique is ever-expanding.

The beginning of the year tends to hold our largest endeavors, and thus keeps us on our toes. In February, the Board organized our 3rd Annual BABS Gala, *Prom Night*, at Deer Park Manor. Hands-down this was our most fun and most successful gala event yet. Supporters arrived dressed for the event and enjoyed complementary drinks and food, dance floor complete with disco ball, and over 150 auction prizes donated by businesses all over Monroe County and surrounding areas. In March, our staff successfully organized the 2nd Annual BABS Baby Fair at the Bloomington Convention Center. This fair is the only one of its kind in Southern Indiana and we hope to continue to expand this event. Most recently, we held our 4th Annual Mother's Day Tea, a long-time tradition of ours. Many thanks to all the mothers and grandmothers who came out.

In March, we also celebrated the great honor that our Executive Director, Georg'ann Cattelona, was awarded by being named Woman of the Year at this year's Women's History Month Luncheon. She was chosen by members of the Woman of the Year Subcommittee of the City of Bloomington's Commission on the Status of Women. It was an inspiring and well-attended event held at the Bloomington Convention Center. Georg'ann gave a

And now a word from our new President...

Spring is a time of transition for the Board of Directors and I want to say thank you to Melissa Ganka-Collins who served as President of the Board of Directors this past year. After having served as Vice-President for a year, I am now stepping into the role of President. With the recent update of the bylaws, we've increased the number of board members, which means that we are on the lookout

very moving speech highlighting the impact birth has on so many social, economic, environmental, health, and emotional aspects of our lives and community. Congrats Georg'ann!

As summer approaches, we enjoy the slower portion of the year with only *slightly* less activity. The Board has approved a refreshed version of our philosophy and mission statement, which is more inclusive of all the aspects of BABS. Our Annual meeting in May included the presentation of our 2010 Annual Report and most significantly, the voting in of our new officers. Cynthia Dye is our new President, Heather Nicholson takes over as Vice-President, Theresa Sicinski replaced Kevin Marzahl as Treasurer, and Karen Thursby replaced Beth Hess as Secretary. Kevin and Beth will both remain on the Board until their terms are complete. I have total confidence in the abilities of these folks, and am excited to see what will take place at BABS with the vision and leadership of this new Board. We were also thrilled to finally meet our newest and youngest BABS Board Baby. Jen and Shawn Naylor welcomed their second son, James Stephen Naylor, on May 5th! Congratulations Naylor Family!

This was a bitter-sweet meeting for me as my Board presidency comes to an end. I have proudly been a BABS parent since 2003 and have served on this board since 2007. When I joined, we were located in the basement of a dance studio with an annual budget of \$10,000, two staff members, and one annual fundraiser. I am proud to have been a part of planning our numerous fundraisers, growing the organization in size and ability, and most of all learning a ton from Georg'ann. I honestly can't imagine a time when I won't be volunteering at BABS, but I do look forward to shifting my attention to the needs of my family, embracing God's future plans for me, and utilizing all I have learned at BABS. I am also thrilled to finally have the time to pursue my Doula Certification! Thank you all so much for your support over the years.

Best Wishes,
Melissa Ganka-Collins

for people to join us as members-at-large. The role of the board is to support BABS' mission by ensuring financial stability and continued success. If you missed the Board Information mixer this month and are still interested in being part of the board of directors, please call the office or contact us at info@bloomingtonbirth.org.
~ Cynthia Dye

BABS is thankful for those who chose to donate to us in 2011

Rachel Allanson	Kristi Gibbs	Jorja McGlasson
Anonymous Donor	Venus Glasgow	Julie Mirise
Kelly Backs	Mary Ann Griffin	Kathleen A. Myers
William & Donna Black	Patricia Haak	Heather Nicholson & Sylvester
Kate Burkhart	Patricia Harrison	Johnson
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Siobhan Carter-David	Rachael Frush Holt	Martha & David Nord
Angela Castañeda	Allison Hagenbuckle	Kathryn & Patrick Orr
Georg'ann Cattelona & David Pace	Elizabeth & Mark Hess	Michiko Owaki
Mandee Combs	Lynn James	Maren Pink
Shannon Cooper	Marisa Jones	Lindsey Potts
Anastacia Corbit-Clarkson	Nicole Jones	Valerie Puiatti
Sarah Couch	Sarah Knott & Konstantin Dierks	Olivia Reeves
Rebecca & Jonathan Dilger	La Leche League of Bloomington	Kelly Rockhill
Cynthia & David Dye	Melissa & Preston Larimer	Leah Roy-Ehri
Evan Dye	Robin LeMieux	Irene Schmidbauer
Amie Easton	Shauna Lewallen	Theresa Sicinski
Emma Ford	Chen-Yu Liu & Josh Long	St John Associates
Susi French	Jennifer Livesay	Hiromi Sumiyoshi
Catherine Furno	Kevin MacDowell	Starre & Brett Tearney
Melissa Ganka-Collins & Michael	Jessica Mace	Krista Tuddy
Collins	Melanie Marketon	Erica Vagedes
Julie & Glenn Gass	Kevin Marzahl	Maria Walker



Our Board of Directors, Staff and Collaborators are grateful for the time, funds, and efforts donated to our organization.

Board of Directors

Board President

Cynthia Dye,

Vice President

Heather Nicholson,

Secretary

Karen Thursby,

Treasurer

Theresa Sicinski

Members at Large

Elizabeth Hess

Angela Castañeda

Jennifer Naylor

Member Ex officio

Georg'ann Cattelona

BABS Staff

Executive Director

Georg'ann Cattelona

Assistant to the Director

Joy Jones

Program Coordinator

Amy Beck

Office Manager

Amanda Jones

LC Clinical Director

Ann Marie Burkhart

BABS Collaborators

Anastacia Corbit-Clarkson

Jill Courtney

Allison Distler

Anna Haag

Cyndi Johnson

Samantha King

Melissa Larimer

Molly McDonald

Molly Mendota

Katja Miller

Erica Rubis

Lindsey Rupp

Julie Searcy

We would like to know who YOU are thankful for!

In celebration of World Breastfeeding Week,

***NEW* Mother's Choice Awards!!!** Nursing moms-we want to know your opinion:

- where is your favorite place to nurse in public?
- what workplace has been the best to its nursing employees?
- what healthcare provider (doctor, midwife, or specialist) has been the most supportive/helpful to nursing moms?
- what nurse (nurse at hospital, pediatrician's office, or clinic) has been the most supportive/helpful to nursing moms?
- what daycare has helped its nursing mothers/babies/children the most?

Awards will go to: Top Five Locations to Nurse in Public
 Workplace Award
 Healthcare Provider Award
 Daycare Award
 Nurse Award

All nominees will receive a letter of recognition. Visit bloomingtonbirth.org to fill out a digital form, or come visit us in person to fill out a paper form to vote! All votes must be in by the end of World Breastfeeding Week, August 7. The winners will be announced the following week.

And yet another thing to be thankful for . . . Our Interns!

This summer we have two interns, **Alicia Robinson** and **Mary Jean Holwager**. So when you stop in, be sure to say hello to these two energetic, helpful, and kind young women. We feel very fortunate to have them here - they are being our extra pair of hands while learning about working in the non-profit, childbirth-centered world that we call our own.

BLOOMINGTON AREA BIRTH SERVICES, INC

P.O. Box 302
Bloomington, IN 47402

Phone: 812-337-8121

E-Mail: info@bloomingtonbirth.org



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Fall Fundraising Breakfast!

BABS is holding its first fundraising breakfast - we are excited to bring folks together and show off some of our accomplishments and plans, feed our supporters a yummy breakfast, and raise a bunch of money. It sounds like a win-win to us!

Save the date: Thursday, October 13th.

More details to follow.

BABS is located at:

2458 S. Walnut

*Just north of the S. Walnut St. and
Country Club Dr. intersection*

Your Pledge Makes a Difference:

- \$80 would provide one scholarship for our New Mothers Support Group
- \$180 would fund one Nurse and Chat
- \$225 would fund one childbirth education scholarship
- \$300 would fund toddler time for one month
- \$2000 provides postpartum doula visits to 12 families
- \$4000 funds the Lactation Center for one month

Donor Information

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Email _____

Credit Card No. _____ CCV _____

Expiration Date ____/____ o MasterCard oVisa oDiscover

Signature _____

Your signature authorizes your donation and the charging of your card

Donation Amount:

\$ _____

To be Paid

- Monthly
- Quarterly
- Annually

Donations made through this pledge drive represent a gift to support BABS' mission. It will be pooled with other donations to enhance the services and programming efforts for our clients. The services listed here are some of the ways your funds will provide support to families as they make the transition through pregnancy, birth, and postpartum. If you would like your donation to be used specifically for the Lactation Center or the Angel Fund, please indicate that below

Lactation Center Angel Fund