



API of Peoria Newsletter

Attachment Parenting International
Peoria, IL Chapter
January 2006

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JANUARY 2006

"What is API of Peoria?"

API of Peoria is a parenting group dedicated to providing support, encouragement and education to parents in the spirit of attachment. We encourage parents of all parenting philosophies to join us at our functions.

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Letter from the editor

"A New Year, A New You!" – is it just me, or are you seeing this slogan everywhere you go right now? A New Year – yes, 2006 has arrived – what will this mean to you and your family? As for my family, we're not big on resolutions. We've always been goal-oriented, but we always seem to need to revise those goals/resolutions on many more occasions than just the New Year. What do you do to plan for the year, and how do you involve your children in your resolution process?

Well, if you're ready to get 2006 off to a good start, the meeting this month should recharge, refresh, and remind you about the eight ideals of Attachment Parenting. You'll even find some information in the newsletter that will get you thinking before the meeting. There are also a few fun activities and playgroups scheduled for this month, so be sure to check the calendar for the latest dates!

"A New Year, a New You" – if you had to write a slogan for your family for this coming year, what would it be? Let's continue challenging each other to be the best parents we can be, and find a purpose and direction for our families. May 2006 be filled with blessings and good health for you and your families!

Angela Loring, editor

Join us at a meeting!

Attachment Parenting International of Peoria holds monthly meetings **open and free to the public**, with different topics related to attachment parenting. We meet at 10:00 a.m. on the second Saturday of each month (except for July and August, our summer hiatus months) at the Universalist Unitarian Church. **The UU Church has moved to 3000 W. Richwoods Blvd, Peoria, IL 61604.** The meeting room is down the right hallway once you enter the church. Please bring your spouse, children, friends, parents, or anyone else who might benefit from this organization!

January Meeting Topic: Behind the ideals – why we do what we do

It's 3 am, I notice on the alarm clock as I roll over for the 58th time tonight to nurse Collin on the "other side." Why am I doing this? I am so tired! Gosh maybe if he just slept in his crib, I could get some sleep! Then he settles into my breast and starts nursing. Slowly, his clenched fist opens up, and he begins to rhythmically pat my breast. I sigh and relax. He sighs, and his eyelids flutter closed back to sleep. Then I remember exactly why I'm doing what I'm doing!

Dr. William Sears, a practicing pediatrician in California, coined the term "attachment parenting" over twenty-five years ago. Dr. Sears did not start attachment parenting but simply observed that mothers in other cultures cared for and raised their children in a very natural, loving way, as they had done for thousands of years. This type of care helped the parents and baby form a strong, secure attachment. It has long been recognized by research in the field of psychology that babies and children with secure attachments grow up to be loving, trusting and empathic adults. Let's get together in January and take a look at the research behind each of the eight ideals. Hopefully, we'll come away from the meeting with a renewed sense of commitment and understanding of attachment and its short and long term benefits!

Do you enjoy eating out?

If so, we have a deal for you! API of Peoria is once again selling the Peoria Dining Tour Booklets as a fundraiser. These books are filled with lots of coupons for restaurants in the Peoria area (many coupons are even buy one, get one free). The booklet has expanded this year to include many new restaurants! Dining tour books cost \$35.00 each, and \$10.00 goes to our local API of Peoria chapter for each book sold! If you would like a book, please contact Cinnamon Nieukirk at cinnamon@apipeoria.org. Don't miss your opportunity - these books won't be for sale for much longer!



Need parenting advice?

Remember you can contact the leaders of API Peoria anytime for anything. Your leaders can be reached at their e-mail addresses or phone numbers, all listed in the contact information at the end of this newsletter.

Volunteers Needed!

Volunteer opportunities always exist! You can distribute flyers and business cards, bring treats to a meeting, host a play date, or even help plan a meeting. Maybe you have an idea that we haven't thought of before! Contact a leader if you would like to volunteer your time to API of Peoria.

Understanding the Continuum Concept

by Jean Liedloff

Reprinted with permission from www.continuum-concept.org

According to Jean Liedloff, the continuum concept is the idea that in order to achieve optimal physical, mental and emotional development, human beings — especially babies — require the kind of experience to which our species adapted during the long process of our evolution. For an infant, these include such experiences as...

- constant physical contact with his mother (or another familiar caregiver as needed) from birth;
- sleeping in his parents' bed, in constant physical contact, until he leaves of his own volition (often about two years);
- breastfeeding "on cue" — nursing in response to his own body's signals;
- being constantly carried in arms or otherwise in contact with someone, usually his mother, and allowed to observe (or nurse, or sleep) while the person carrying him goes about his or her business — until the infant begins creeping, then crawling on his own impulse, usually at six to eight months;
- having caregivers immediately respond to his signals (squirming, crying, etc.), without judgment, displeasure, or invalidation of his needs, yet showing no undue concern nor making him the constant center of attention;
- sensing (and fulfilling) his elders' expectations that he is innately social and cooperative and has strong self-preservation instincts, and that he is welcome and worthy.

In contrast, a baby subjected to modern Western childbirth and child-care practices often experiences...

- traumatic separation from his mother at birth due to medical intervention and placement in maternity wards, in physical isolation except for the sound of other crying newborns, with the majority of male babies further traumatized by medically unnecessary circumcision surgery;
- at home, sleeping alone and isolated, often after "crying himself to sleep";
- scheduled feeding, with his natural nursing impulses often ignored or "pacified";
- being excluded and separated from normal adult activities, relegated for hours on end to a nursery, crib or playpen where he is inadequately stimulated by toys and other inanimate objects;
- caregivers often ignoring, discouraging, belittling or even punishing him when he cries or otherwise signals his needs; or else responding with excessive concern and anxiety, making him the center of attention;
- sensing (and conforming to) his caregivers' expectations that he is incapable of self-preservation, is innately antisocial, and cannot learn correct behavior without strict controls, threats and a variety of manipulative "parenting techniques" that undermine his exquisitely evolved learning process.

Evolution has not prepared the human infant for this kind of experience. He cannot comprehend why his desperate cries for the fulfillment of his innate expectations go unanswered, and he develops a sense of wrongness and shame about himself and his desires. If, however, his continuum expectations are fulfilled — precisely at first, with more variation possible as he matures — he will exhibit a natural state of self-assuredness, well-being and joy. **Infants whose continuum needs are fulfilled during the early, in-arms phase grow up to have greater self-esteem and become more independent than those whose cries go unanswered for fear of "spoiling" them or making them too dependent.**

(Continued on Page 3)

Understanding the Continuum Concept (Continued from Page 2)

Here are some excerpts from the book which define the continuum concept:

...It is no secret that the "experts" have not discovered how to live satisfactorily, but the more they fail, the more they attempt to bring the problems under the sole influence of reason and disallow what reason cannot understand or control.

We are now fairly brought to heel by the intellect; our inherent sense of what is good for us has been undermined to the point where we are barely aware of its working and cannot tell an original impulse from a distorted one.

...[Determining what is good for us] has for many millions of years been managed by the infinitely more refined and knowledgeable areas of the mind called instinct. ... [The] unconscious can make any number of observations, calculations, syntheses, and executions simultaneously and correctly.

...*What is meant here by "correct" is that which is appropriate to the ancient continuum of our species inasmuch as it is suited to the tendencies and expectations with which we have evolved.* Expectation, in this sense, is founded as deeply in man as his very design. His lungs not only have, but can be said to *be*, an expectation of air, his eyes are an expectation of light... [etc.]

...The human continuum can also be defined as the sequence of experience which corresponds to the expectations and tendencies of the human species in an environment consistent with that in which those expectations and tendencies were formed. It includes appropriate behavior in, and treatment by, other people as part of that environment.

The continuum of an individual is whole, yet forms part of the continuum of his family, which in turn is part of his clan's, community's, and species' continua, just as the continuum of the human species forms part of that of all life.

...*Resistance* to change, no way in conflict with the tendency to evolve, is an indispensable force in keeping any system stable.

What interrupted our own innate resistance to change a few thousand years ago we can only guess. The important thing is to understand the significance of evolution versus (unevolved) change. ... [The latter] replaces what is complex and adapted with what is simpler and less adapted.

There is no essential difference between purely instinctive behavior, with its expectations and tendencies, and our equally instinctive expectation of a suitable culture, one in which we can develop our tendencies and fulfill our expectations, first, of precise treatment in infancy, and gradually of a (more flexible) *kind* of treatment and circumstance, and a range of requirements to which adaptation is ready, eager, and able to be made. □

pp. 22-27, *The Continuum Concept*, Revised edition ©1977, 1985 by Jean Liedloff, published by Addison-Wesley, paperback, 20th printing.

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How can I get involved?

Just pick whatever parts of API of Peoria that you'd benefit from and do them! Participation is open to the public and free. We have monthly meetings in Peoria, playdates, mom's night outs, family events and much more. Many of our parents also find our internet discussion group to be an invaluable source of 24/7 support, advice and friendship. Check the "Calendar of Events" section or our website for activities scheduled for this month.

For more information about our group or any of this newsletter's content, contact our API of Peoria group leaders at our shared e-mail address: leaders@apipeoria.org

Moms - do you need a night out with friends?

Why not join us for Mom's Night Out? This is an opportunity for you to talk with other moms about *anything* and *everything* while enjoying a fabulous dinner! Who knows what the night will bring when you join these moms! This month's details are as follows:

When: January 12th 6-10 p.m.

Where: Chili's Bar and Grill (in Peoria on the corner of University and Glen) from 6-8:30 pm, then we'll move across the street to Starbucks from 8:30-? If you can't make it for dinner, please join us for coffee later in the evening!

What is Attachment Parenting?

Attachment parenting is a philosophy based in the practice of nurturing parenting methods that create strong emotional bonds, also known as secure attachment, between the infant and parent(s). This style of parenting encourages responsiveness to the infant or child's emotional needs, and develops trust that their emotional needs will be met. As a result, this strong attachment helps the child develop secure, empathic, peaceful, and enduring relationships.

You can learn about API of Peoria's parent organization,

Attachment Parenting

International and view the Ideals of Attachment Parenting and of Attachment Parenting the School-Age Child at:

www.attachmentparenting.org

API of Peoria Website

This newsletter is posted as a page on our website: <http://www.apipeoria.org>. Please visit for archived newsletters, a listing of Attachment Parenting Ideals, useful links, meeting location information, meeting topic pages, calendar of events, and much more. Please refer anyone wanting to learn about our group to our site. This site is currently under construction, but working!

Understanding the Continuum Concept (Continued from Page 3)

Jean Liedloff lives in Sausalito, California, near San Francisco, on a houseboat which she shares with her cat.

Her work includes speaking engagements and consulting with people to help them apply the principles of *The Continuum Concept* — not only for parenting, but also for recovering from the adverse effects of a modern, "non-continuum" upbringing. Many of these consulting sessions take place via telephone, and she has clients in many countries. She may be reached by telephone at (415) 332-1570. (The best times to call are between 9 AM and 12:00 noon, or between 5 PM and 9 PM, Pacific time zone.) She is not reachable via email.

The Continuum Concept is Liedloff's only book; however, she has written some articles and given interviews which are [available on this website](#). She is not married and has no children, but she feels glad to have contributed a book that has helped so many parents give their children a good start in life. Lately, she has been receiving positive feedback not only from parents, but also from their grown children who were raised with continuum principles and are now having their own "continuum kids."

Jean also enjoys painting.



A New Addition to Our Meetings!

We've got great news! After the great reception that the mother's helpers had at the December Meeting, we've decided to employ them at each monthly meeting to help wrangle our little ones. We ask that each family that utilizes this benefit kindly contribute \$3 per child or \$5 per family. We feel that they are well qualified and did a great job in December, so we would like to compensate them for their time and energy caring for our kiddos! Here is a little bit about our two new mother's helpers.

Hi, my name is Jordan Rahn. I am thirteen years old and in the eighth grade. Some of my hobbies are cheerleading, softball, and hanging out with friends and family. I also enjoy babysitting and being with children. I have two sisters, nine and four, who I babysit when my mom runs errands or is busy. My mother is a daycare provider, with two children, which I also help out with.

My name is Maddisyn. I am nine years old. Some of my favorite hobbies are basketball and football. I enjoy playing and keeping my four year old sister, Kamryn, company.

Please welcome our mother's helpers and put them to use if you'd like – we're excited to have them with us!

"To see their sons and daughters so flushed and healthy and happy, gave them also a reflected glow, and it was hard to say who had most pleasure from the game, those who played or those who watched."

~Sir Arthur Conan Doyle

Which Parent Will I Be?

~Author Unknown~

"I got two A's," the small boy cried.
His voice was filled with glee.
His father very bluntly asked,
"Why didn't you get three?"

"Mom, I've got the dishes done,"
The girl called from the door.
Her mother very calmly said,
"Did you sweep the floor?"

"I've mowed the grass," the tall boy
said,
"And put the mower away."
His father asked him, with a shrug,
"Did you clean off the clay?"

The children in the house next door
seem happy and content.
The same thing happened over
there,
And this is how it went:

"I got two A's,"
the small boy cried,
His voice was filled with glee.
His father very proudly said,
"That's great, I'm glad you belong to
me."

"Mom, I've got the dishes done,"
The girl called from the door.
Her mother smiled and softly said,
"Each day I love you more."

"I've mowed the grass," the tall boy
said,
"And put the mower away."
His father answered with much joy,
"You've made my day happy."

Children deserve a little praise
For tasks they're asked to do.
If they're to lead a happy life,
So much depends on you.

COMING SOON

Every other occupation, from driving a truck to performing surgery, requires months or years of training. Only for the job of raising children do we expect that love will be enough. But, sometimes it isn't. **Parents also need skills.** Here is the program that gives parents the know-how they need to be helpful to their children and helpful to themselves.

How To Talk So Kids Will Listen & Listen So Kids Will Talk

by Adele Faber and Elaine Mazlish

Stay tuned for more details about this upcoming seminar in the works!

CATCH UP DAY

Do you like to scrapbook or knit? Do you need to clean your purse, paint your nails, or pay some bills? Make a date to our first monthly API of Peoria Catch Up Day!

Bring your children, your crafting supplies, and anything else that you need to get done. Come early, come late, or come the entire time.

We'll sit and talk parenting while our children play around us. Bring your own sandwich for lunch. If we get enough responses, mother's helpers will also be available. Please R.S.V.P. to leaders@apipeoria.org. We hope to see you there, with your knitting needles, bills to be paid, children, and sack lunches!

Friday, January 27 from 10-2 at the UU Church

"We find delight in the beauty and happiness of children that makes the heart too big for the body."
~Ralph Waldo Emerson

Fundraiser – Parking for “Dora the Explorer” at the Peoria Civic Center!

API of Peoria will be having a fundraiser on Tuesday, Jan. 17th and Wednesday, Jan. 18th. We will be parking cars at the Orthopedic Institute Lot, across from the Civic Center on Kumpf Blvd. Our organization is able to keep 100% of the money from the parking, meaning this has the potential to be a great fundraiser. And since the two shows are family shows, we also have potential to reach lots of new families and let them know that we're out here and ready to support them! **We need your help!** We need people to work the parking lot both evenings. Since the show time is at 7:00 pm, we would need workers to be at the lot approximately one hour before the show begins. We will need people at both entrances to direct parking and collect money/pass out receipts. Please let one of our leaders know if you or your partner are available to help in any way. Thank you so much for helping to make this fundraiser successful. (For more info, e-mail leaders@apipeoria.org or visit the message board.)

Upcoming Dates

January

Thursday, Jan. 12th – 6:00-10:00 pm: Mom's Night Out – we will be at Chili's Bar and Grill (corner of University and Glen) from 6-8:30, then we'll move across the street to Starbucks for coffee and dessert.

Saturday, Jan. 14th – 10:00-11:30 am: API Peoria Monthly Meeting

Tues/Wed, Jan. 17-18th – Parking fundraiser for Dora the Explorer. Details on Page 5 of the newsletter

Friday, Jan. 20th – 10:00 am-12:00 pm: Playdate at the UU church.

Saturday, Jan. 21st – midnight: Newsletter submission deadline.

Friday, Jan. 27th – 10:00 am-2:00 pm: Craft Day. Details on Page 5 of the newsletter.

February

Thursday, Feb. 9th – 6:00-10:00 pm: Mom's Night Out – location TBA

Saturday, Feb. 11th – 10:00-11:30 am: API Peoria Monthly Meeting

Saturday, Feb. 18th – midnight: Newsletter submission deadline. Please send submissions to newsletter@apipeoria.org.

PLAYGROUPS – we have no playgroups currently scheduled for February.

If you would like to host or schedule one, please let the leaders know and they'd be happy to get the word out for you!

MISSING DATES? Are there API Peoria events or community events that should be on our calendar? Please e-mail Angela at newsletter@apipeoria.org to add dates to the calendar.

Recipe: Honey Bourbon Salmon submitted by Brenda Antonacci

4 ea. (6-8oz) fresh or frozen salmon steaks

3/4 cup bourbon whiskey

1/2 cup packed brown sugar

2 tablespoons honey

2 teaspoons soy sauce

1/2 teaspoon ground ginger

1/4 teaspoon black pepper

Cooking oil or nonstick cooking spray

Thaw salmon, if frozen. Rinse fish and pat dry. Place in a plastic bag set in a shallow baking dish. In a small dish, stir together the bourbon, brown sugar, honey, soy sauce, ginger and pepper. Pour over fish in the bag. Close bag. Marinate fish in refrigerator for 1 hour, turning occasionally to distribute marinade. Drain fish, reserving marinade. (At this point, I bake the salmon in the oven at 325 for 25-35 minutes.)

Lightly brush grill rack with oil or lightly coat with cooking spray. Place fish on the rack of an uncovered grill directly above medium coals**. Grill 8 to 12 minutes or till the fish begins to flake easily with a fork, turning once. Brush once with reserved marinade halfway through the grilling time. Discard the remaining marinade. Makes 4 servings.

****Note:** To test the temperature of the preheated coals, place your hand above the coals at the height the food will be cooked. Start counting and if you need to remove your hand after 4 seconds, the coals are medium.

Recipe: Fruit Jewels submitted by Angela Loring

12 cup mini muffin pan

2 packages (3 ounces each) gelatin (choose 2 of your favorite flavors)

1 1/3 cups water

2/3-1 cup fruit (fresh or canned, drained – mandarin oranges and pineapple work well)

1. Empty gelatin into small mixing bowl (with pouring spout, if available).
2. Boil 2/3 cup water.
3. Pour boiling water into mixing bowl with gelatin and stir until dissolved.
4. Place 1-3 pieces of fruit (depending on size) in each cup of a mini-muffin pan. Pour gelatin over fruit – it will float to top.
5. Repeat steps 1-4 with second package of gelatin, remaining 2/3 cup water, and fruit.
6. Refrigerate 2 hours or until firm. Run flat end of butter knife or citrus peeler around cup to loosen gelatin.

JANUARY 2006

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Upcoming Meeting Topic: The Eight Ideals of Attachment Parenting

Reprinted from the Attachment Parenting International Website, www.attachmentparenting.org

1. Preparation for Childbirth- Connecting early with baby begins with prenatal preparation and alert, active participation in childbirth. You can make informed decisions about the kind of birth you want that will help create a positive experience for you and your baby.

- Make a commitment to maintain a strong relationship with your partner - Discuss your parenting philosophies beforehand. Whether or not the parents live together, it is very important that the needs and welfare of the baby come first when making decisions.
- Preconception education - When possible, prepare yourself mentally, physically and spiritually before conceiving a child. Read, ask questions and take good care of yourself by eating a nutritious diet and exercising regularly.
- Pregnancy - Create a peaceful womb environment by avoiding stress. Mother's feelings and experiences impact the developing infant.
- Choose conscious parenting - Go into parenting with knowledge and understanding.
- Be alert and active in your baby's birth - Prepare yourself, learn what to expect and understand what your options are. Generally, the less invasive the birth, the better it is for mother and baby.
- Attend childbirth and breastfeeding classes - They are important in helping empower parents to make informed decisions.

2. Emotional Responsiveness - Understanding and responding sensitively to your infant's emotional needs is the cornerstone of Attachment Parenting. Remember that crying is your infant's way of telling you s/he is distressed. Building a strong attachment or connection with your baby is more than just caring for the baby's physical needs, but also involves spending enjoyable time interacting with your baby or child on a daily basis.

- Don't be afraid to fall in love with your baby.
- The common cues or reasons for crying include hunger, tiredness, discomfort, and loneliness.

Other reasons for crying:

1. Stress from too much stimulation
2. Picking up on mother's stress
3. Needs to be held or laid down
4. Needs skin to skin contact to feel secure
5. Gas and/or colic
6. "High-need" is a term that is often used to describe the temperament of a baby who is often fussy. These infants may need a lot of close physical contact, movement or loving attention. They may also be sensitive to certain solid foods or foods ingested by the mother.

3. Breastfeed your baby - Breastfeeding meets baby's need for optimum nutrition and physical contact. Breastfeeding has many benefits to the baby, mother, and society and is the most natural way to meet so many of your baby's physical needs. While breastfeeding is the ideal way to feed a baby, parents who are not breastfeeding can still practice Attachment Parenting. We encourage parents who bottle-feed to use "breastfeeding" behaviors. In other words, hold your baby when feeding, talk to your baby and change positions during the feeding. Avoid the temptation to prop the baby's bottle since your baby will greatly benefit from your touch and holding.

- *Advantages to mother and family:*
 1. Saves money - enough in one year to buy a major appliance
 2. Saves time - no formula to prepare or bottles to wash
 3. Convenient for home or travel
 4. Triggers mothering hormones that promote attachment behaviors and calms mother
 5. Helps mother can get more rest
 6. Helps protect mother against breast cancer

(Continued on Page 8)

The Eight Ideals of Attachment Parenting (Continued from Page 7)

- *Advantages to baby:*
 1. Biologically designed for the human infant, contains needed nutrients in the proper amounts, digests easily
 2. Gives immunity to certain diseases and viruses
 3. Protects against some cancers, according to the newest research
 4. Keeps baby close to mother and provides comfort
 5. Helps strengthen jaws, eyes and formation of teeth
 6. Less likely to develop allergies
- Avoid clock/calendar parenting. Follow your baby's cues rather than the clock or calendar.
- Weaning is a mutual process determined by the readiness of the baby and mother ("Cooperative weaning"). The World Health Organization (W.H.O.) code recommends breastfeeding until at least two years of age or beyond.
- *If bottle-feeding, use breastfeeding behaviors:*
 1. Hold your infant when feeding, never prop the bottle
 2. Make good eye contact at those times when your baby is alert and interested
 3. Switch positions from one side to another; this helps strengthen the baby's eyes
 4. Talk lovingly to your baby at feeding times

4. Baby Wearing - "Wearing" baby, by holding or use of soft carriers that keep baby close, meets baby's need for physical contact, security, stimulation and movement; all of which promote optimal brain development. Carried babies cry less too.

- Babywearing helps satisfy the baby's need for closeness, touch and affection.
- Babywearing promotes and strengthens parents' emotional bond with their baby.
- The movement that naturally results from carrying your baby stimulates their neurological development.
- Babies cry less when worn or held.
- Holding helps regulate their temperature and heart rate.
- Baby feels more secure.
- If you don't "wear", be aware:
 - To hold your infant as often as possible (especially if bottle-feeding).
 - Avoid the overuse of baby devices (swings, pacifiers, jumpers, plastic carriers).
- Babywearing facilitates easy outings and travel.

5. Shared sleep and Safe Sleeping Guidelines - It is important to be responsive to a baby's nighttime needs. API advocates keeping baby in close proximity in a safe sleeping environment. In many cultures it is considered normal and expected for parents to sleep with their children. Recent research has shown that some of the benefits include better quality of sleep for mothers and reduced risk of SIDS for babies. Safe bedsharing includes a safe, firm mattress and parents who are not using drugs or alcohol and who do not smoke near baby. If a parent is not comfortable with the idea of bedsharing, remember the key is close proximity and responsiveness to the infant's nighttime needs.

- *Safe bedsharing requires*
 - Not smoking around baby
 - Not using alcohol or drugs
 - A firm mattress free of fluffy bedding and stuffed animals
 - Using safety measures such as bed extenders or safe placement of the family bed
 - Avoiding gaps of any kind, for instance between mattress and bed-frame or side-rails that may easily slide out from the mattress.
 - Never leaving a baby unattended in an adult bed
 - Never placing a baby to sleep on a couch or chair

(Continued on Page 9)

The Eight Ideals of Attachment Parenting (Continued from Page 8)

- *Advantages to baby:*
 - Studies indicate that cultures that co-sleep have reduced incidence of Sudden Infant Death Syndrome (SIDS)
 - There are more periods of light sleep beneficial to creating stable heart rates and breathing patterns
 - Breastfeeding is better established through frequent nursings, which are facilitated by co-sleeping
 - Baby feels warm and secure, therefore cries less
- *Advantages to parents:*
 - More sleep
 - Improves length and quantity of breastfeeding
 - Mother worries less about her infant
 - Parents develop a closer bond to baby
- *If sharing a bed doesn't work for you or your family*
 - 1. Try other sleep arrangements, especially when there are older siblings:
 - Bassinet by the bed
 - Side-car: take one side of the crib off and securely place the crib close to parents bed
 - Mattress, futon, or sleeping bag on floor for older children
 - 2. Establish a pleasant bedtime routine:
 - Reduce stimulation by turning off the TV; before bedtime avoid giving a baby/child drinks or food containing caffeine such as chocolate milk, soda, tea, or chocolate candy
 - Play soft music
 - Give the baby/child a warm bath
 - Rock, read and/or sing to your baby/child
 - 3. Young children who have their own bed will often go to sleep more willingly when parents lie down with them in their bed until they are very drowsy or until they go to sleep. Many parents have found that their children soon outgrow this need and happily go to sleep on their own.

6. Avoid frequent and prolonged separations from your baby -Babies have an intense need for the physical presence of a loving, responsive parent. Through daily care and loving interactions strong parent-child attachments are formed. Frequent or prolonged separations can interfere with the development of secure attachments. Try to keep separations down to a minimum when your preverbal baby is young and be responsive to your baby's need for your physical presence. Long separations can cause your baby to go through the stages of grief, and can affect his/her attachment to you. If separations are inevitable given your situation, then help your child to gradually work towards them. Avoid "caregiver roulette", continuity of care, with a consistent, loving, caregiver, is critical. If you are a working parent you can practice AP when you are home to help you re-connect with your baby.

- Frequent, prolonged separations can impair the attachment process and can have life-long effects on the infant's long-term psychological and emotional development.
- If separations are inevitable, it is extremely important to have continuity of care with a consistent, loving, caregiver. If you must leave the baby, make sure the caregiver is someone who makes the baby's needs their top priority. Tell them how you want your baby to be treated and cared for. Make the transition well in advance so that it is a gradual process and comfortable for the baby.
- Avoid "caregiver roulette"- frequent turnover of caregivers. This can be very damaging to the attachment process.
- When you are reunited with your baby, immerse them in love, attention and affection. This helps you and your baby feel reconnected, strengthening your relationship.

7. Positive Discipline - Boundaries and limit-setting are necessary as children grow. Positive, non-violent methods of discipline and loving guidance promote the development of self-control and empathy towards others.

- What does the word "discipline" mean? It is derived from the word "disciple" which means one who follows his master's teachings. To discipline is to teach.
- What is positive discipline? Positive discipline begins with an understanding that your long-range goal is to teach your child how to make good decisions as an older child and as an adult. They learn from following good examples and role models. Become the kind of person you want your child to be.

The Eight Ideals of Attachment Parenting (Continued from Page 8)

- How does Attachment Parenting help in the discipline process?
"The infant who is the product of Attachment Parenting learns that his needs will be met consistently and predictably. The child learns to trust. Trust is the basis of authority, and a trusted authority figure disciplines more effectively." - William Sears, MD
 - AP builds a strong foundation. A child who is raised with love, empathy and affection learns to form a deep trust with his or her parents. A child who has a strong bond of trust is easier to discipline.
 - Parents are able to empathize with the child and understand the child's point of view.
- It is helpful to learn the stages of child development to understand what is normal, developmentally appropriate behavior in order for you to respond appropriately. These developmental milestones include:
 - birth to 6 months
 - 6 months to one year
 - 1 year to 3 years
 - 4-5 years
 - pre-adolescent
 - adolescent
 - teenage years

(The Gesell Institute of Human Development has published a series of books for parents on the different stages of child development written by doctors Ames and Ilg such as *Your One Year Old*, *Your Two Year Old*, etc.)

8. Maintain balance in your family life - Balance is the key to avoiding "parent burn-out" and can be achieved by taking care of yourself through exercise, quiet time and healthy eating. An infant's needs are intense and immediate, yet a balance can be achieved in meeting baby's needs, as well as the needs of other family members.

- Whether you are married with several children or a single parent with an only child, it is important to remember that finding balance is the key to a healthy family life. It is important that parents not be isolated. They should seek out support systems within their communities. This can be achieved by creating a type of extended family of like-minded friends, or participating in an API parent-support group that provides opportunities for not only for support but for more experienced parents to mentor newer parents.
- Being a new father often requires helping mom to develop a relationship with her newborn. During the first few months of life, the baby will often be the mother's sole preoccupation. Be sure Dad is included in daily baby activities. The support of fathers helps mothers become more confident and competent in their role as a mother and helps them to be successful in breastfeeding.
- It's easy to feel "burned out" and "touched out" by the demands of parenting. The early months of a baby's life can be very intense and time consuming. Try to be patient and sensitive to each other's needs.
- Be creative in finding ways to spend time with your spouse/partner without compromising the needs of your infant. Candle-lit dinners or a picnic in the living room can be fun and help couples reconnect.
- Have a friend, relative or mother's helper (a trusted teen-ager) that the baby knows, come over to play and entertain while the parents have some quiet time together somewhere else in the house. Take them with you if you go out. They can help with the baby, but the baby will be comforted by your close proximity.
- Realize that in the early years your child's needs are at their most intense and "this too shall pass."
- Sometimes it can be difficult for parents to find the support they need. Professional counseling can be of great benefit in helping families regain balance and in linking them to resources or other services in the community. □



Here are a couple of fine examples of our local AP moms practicing a couple of the 8 ideals:

Left: Cari Berry nurses Caera (3 months) with a little help from big brother Devin (2 years)

Right: Tessa Matthews wears Riley (12 months) during the last API Meeting



Stand Still and Listen With Your Heart submitted by Jen McDaniel

"Don't just do something! Stand there!"

When I first heard this saying, I did not listen very carefully to it. Slowly, it resounded in my mind until I woke up and understood that it was the opposite of the usual remark, "Don't just stand there! Do something!" Then I laughed because it made good sense to me.

As a pioneering parent in a challenging age, I am always seeking out insight that will help me understand just what it is that I am supposed to be doing here. Decent advice is available everywhere. At my small, local library, parenting books are crammed into the oak shelves so tight that when you pull one out for perusal, all the books come crashing down en masse.

In today's world, you can join parenting groups focused on every topic: breastfeeding, co-sleeping, homeschooling... Parenting advice is printed in the newspaper next to the dating column, every talk show features "how-to" parenting episodes, and there are even several "nanny to the rescue" programs to tell you how you can transform your parenting woes into parenting power in the course of one hour, minus a few commercials breaks.

So how is it that with so many tricks to the trade, such a simple concept can transform a family? "Don't just do something! Stand there!" This quirky, quaint saying has meaning beyond its homespun semblance. Though the meaning reaches deep, it is still simple: Stop doing and just be. Cease to parent for a few moments and just observe. Listen. Understand!

How often in the course of a day do we really stop and listen to our children? If our toddler is complaining about wanting milk instead of juice, do we even stop to look him in the eye as he makes his demands? How often do we truly hear what our children are saying? What is it that they really need?

My three year old is extraordinarily adept at making demands. I want crackers! No, I want a banana! No, I want cheese! There are days, when in my desire to be a responsive parent, I actually throw myself into action in reaction to these demands, pulling out a smorgasbord of foods for my son to sample. I am determined to discover his need and provide for it. At some point, we both lose patience, decide or don't decide on some snack, and feel generally unfulfilled in our search for understanding needs. We are both exhausted physically and emotionally over snacks, something that is supposed to give us a boost of energy, not drag us down.

So what if I quit trying to 'do something' and just 'stand there'? What if I simply stop running around trying to meet what I *assume* are someone else's needs, calming my mind and body long enough to actually listen to my son? Oh, I hear his words all right. Words come in loud and clear at my house. I mean listening with your heart. There are things said that we cannot hear with our ears alone. Often these underlying messages are the true feelings and needs that our children are trying to express.

This time, instead of running to the fridge for snacks, I make a conscious choice to squat down on my son's level and look him openly in the eye. (This is something I learned early on in Attachment Parenting.) I keep my face, my mind and my heart open. That means no pre-judging. I don't say anything at all. I simply observe my child so that I can understand what he is trying to tell me. In my silence, I realize that often, what my children need is not a say in choosing snacks, but simply a say; to know that they are heard. The greatest human need is only to know and be known by another human soul. We need this every chance we can get, on every level we can. Even if it takes half a second while listening to your child complain that he is hungry, making this kind of contact can transform everything.

And guess what? The magic is subtle. Because my son is still hungry after we make contact. He may even still be demanding and cranky and ungrateful. But he knows that I see him with my heart, and that, like pennies in a barrel, adds up over a lifetime.

What is more is that after taking a moment to listen to my child with my heart, I may discover that his needs are much different than I thought. His needs may be as simple as needing to make heart-felt contact. Or his needs may be for sleep, not food. Or physical attention, or music, or for sympathy: "You must be very hungry." And now if needed, I can reflect back what I feel my son's message is. I say calmly, "You sound very frustrated. I sense that you need me to listen to you. You want a snack." Because I am receptive, my child will usually respond by telling me more information that I need to help provide for him. Sometimes, just the honest contact is enough that we can move on. Some days, the cycle begins again mere seconds after the first.

(Continued on Page 12)

Stand Still and Listen With Your Heart (Continued from Page 11)

For very young children, communication can be tough. Parents have to listen with their hearts carefully and offer kind guesses for their children. Young children often have very simple needs so just 'standing there' for our youngsters helps us calm the frenzy of information in our minds so that we can see from our child's point of view. Physical touch, emotional contact, sleep, food, comfort, laughter... these are the foundations of the young child's world. These are also things that adults often forget about while running around trying to meet agendas.

For older children, standing still to listen can mean trying to see through layers of social and emotional barriers. It is far more meaningful to teach your child that he can lower his defenses because you are standing still, listening with your heart, than it is to try to make contact with such a barrier still standing.

My six year old daughter can be very intense sometimes. She has very strong feelings and reactions to life and her messages to me can be cloaked in frustration or anger. Sometimes that girl is just like her mother... When my daughter reacts to life with anger, I want to react too. I want to become angry with her, or teach her a swift lesson on inappropriate behavior. I want to take action. But what is needed most is for me to stand still.

Several months ago, our family had a frightening experience when our younger son tripped and fell into a creek while playing. My husband and I were, naturally, upset and tending to our son's needs. Our older daughter shocked us when, instead of acting with sympathy for her half-drowned brother, she expressed anger at having to stop playing near the water. My reaction was to become angry myself. I went into action like a spinning top, crazily administering judgment, consequences, and threats. My daughter and I counter-acted each other, escalating wildly. An hour later, driving home with a wet child in one seat and simmering child in the other seat, I wondered vaguely what had happened. This was an instance when I thought my skills as a parent should have saved the day. I had done everything I knew to do. But my skills had backfired. The one thing I had not done was to stop doing and stand still.

I guess it was no shocker when the next time we played at the creek, my daughter began screaming angrily at her brother. He was getting too close to the water's edge for her comfort. Of all the responses she might have chosen, she chose to yell harshly. I felt disappointed that she had not chosen to guide her brother with a more gentle method and my disappointment turned to anger. Though every bone in my body wanted to take action by lecturing, grabbing, modeling or accusing, I took a deep breath and allowed myself to stand still. I came into close contact with my daughter and quietly said, "Hey Honey." To let her know I did not intend to be threatening. Then I simply stood with her for a few moments.

She squirmed for a few seconds and then pierced my ear drums yelling angrily, "Ronan is going to fall in the water again! He is getting into trouble!" My thoughts raced. I wanted to say, "You are not his mother." "You worry too much." "This is not your problem." But I stilled myself. As I listened with my heart, I realized that I had to listen past the sound of anger and accusation in my child's voice. That is when I heard "I feel so frightened when I think about my brother being hurt and scared." She did not say this out loud; I heard this with my heart. Now I was able to hug my daughter, who moments before seemed so powerful and offensive, and tell her, "You need me to understand how frightened you feel when you think about your brother getting hurt."

"Yes!" she blurted out. She told me that she remembered how scared she was that long ago day at the creek when her brother fell in. She was scared it could happen again. As I listened earnestly, I realized that I had just spared us hours of anger and detachment, and the long lasting ramifications of those awful emotions. We had become closer, not through any great plans of my own making, but because I allowed myself to see my child as the emotional human creature she is, rather than a behavior in need of response.

Of course, real life encroaches and not every day brings on the best parenting even with this bit of wisdom tucked into my tool box. But because I am learning to stand still and see my children with my heart, they are learning to do so for others too. Our days can be mundane and tedious, but still feel transformed with humanity. With all the parenting advice in the world at our fingertips, sometimes the best advice is simply to do nothing at all. □

Center for Prevention of Abuse family says "thank you" submitted by Cinnamon Niekirk

Thanks to those who were able to participate in this year's Adopt-a-Family program. We were able to provide many gifts for the family selected for our organization. We received a thank you note from CFPA, stating "Thank you for helping make the holiday season so bright!" They also included an ornament craft from one of the children, as a token of their appreciation. Our best wishes go out to this family as they continue on their journey.

Slings and Breastfeeding

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Written by Brooke A. Schumacher

Dhahran Saudi Arabia

From: NEW BEGINNINGS, Vol. 20 No. 4, July-August 2003, p. 133

I love my sling because of how easy and versatile it is. We were introduced at my first La Leche League meeting in Houston, Texas, USA during my pregnancy in 1999. I barely noticed mothers coming in with their children, of all ages, tied around them. It wasn't until during the meeting, and especially as we prepared to go home, that I realized how many mothers were using this contraption. It looked like it worked for them, so I bought one for myself and my little one. I could not figure out how to use it, even with the help of a video, so I took it back to the next meeting and got several hands-on demonstrations. How could I have known that this sling, a few diapers, and mother's milk would be about all I needed to care for my baby?

I used the sling to carry my daughter almost constantly for her first 18 months. She was never happy in the usual baby contraptions, such as the stroller or swing. I never lugged that 10-pound car seat in and out of the car. It was so much easier to lift her out and into the sling. I had my hands free for all the other baby stuff I had to carry, and she got a much better view of the world. It is indispensable when we travel by plane, which we do a lot. It seems my daughter always falls asleep on landing. How else can you carry a floppy, sleeping child and your bag off a plane? I wonder how other mothers could nurse discreetly walking through a public place without using a sling? I use the sling even today, with my nearly three-year-old, when her legs are too tired to make it on our errands or she just wants to be the baby again.

Since my twins were born, I have become even more certain of the value of the sling. I don't know another safe way to carry two little babies at the same time. When they were little, I did carry them both in the sling, but mostly I put one in the sling and carried the other in my arms. This kept my babies happy and safe.

What really amazes me about the sling, though, is all the other things I have used it for. I have used it as a seatbelt for my daughter on an elephant ride in Thailand, as a clean surface for her to nap on, or for her diaper changes. Now that we have twins, I have used it to help position the boys so I can nurse them at the same time in the car, and to prop them up in their stroller so they can sit up and see the world. My toddler and I have a busy social life, so we are out and about more than we were when she was a baby. With twins, that means even more public nursing. I have comfortably breastfed them in restaurants and stores here, in very conservative Saudi Arabia, and felt quite discreet because of the sling. That's saying a lot, because twins naturally draw a lot of attention and people never even notice that I am nursing them!

So my sling hangs low and wobbles to and fro, sort of like the children's song. I have tied it in a knot, but maybe not a bow, and thrown it over my shoulder. I can only recommend that you do so, too!

Do you have pictures, stories, book reviews, parenting articles, a favorite quote, recipes, birth stories, or birth plans to share? Or maybe you have a fantastic, fresh idea for the newsletter? We're always looking for your input! Please e-mail Angela at newsletter@apipeoria.org if you can help us fill this space!

Attachment
Parenting
International



Recommended Reading – Children’s books

The following books are recommended by Dr. Jay Gordon (www.drjaygordon.com) and are described as positively depicting various aspects of attachment parenting, such as co-sleeping, nursing, or sling-wearing. More book recommendations can be found at the web address listed above.

I Eat at Mommy's

by Anna E. Bradley-McBeth, et al



Sophie and the New Baby

by Laurence Anholt, Catherine Anholt (Illustrator)

Only the Cat Saw

by Ashley Wolff (Illustrator)

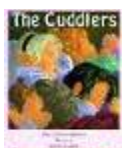


A Ride on Mother's Back: A Day of Baby Carrying Around the World

by Emery Bernhard, Durga Bernhard (Illustrator)

The Cuddlers

by Stacy Towle Morgan, Marvin Jarboe (Illustrator)



The Best Gifts

by Marsha Forchuk Skrypuch, Halina Below (Illustrator)

We Like to Nurse

by Chia Martin, Shukyo Lin Rainey (Illustrator)



Maggie's Weaning

by Mary Joan Deutschbein

Michele: The Nursing Toddler - A Story about Sharing Love

by Jane M. Pinczuk, et al



The Biggest Bed in the World

by Lindsay Camp, Jonathan Langley (Illustrator)

Hushabye, Baby Blue (Growing Tree)

by Kathi Appelt, Dale Gottlieb (Illustrator)



Happy Birth Day!

by Robie H. Harris, Michael Emberley (Illustrator)



API of Peoria Library

API of Peoria has a wonderful selection of books (you may review the book/video list at this link: www.apipeoria.org/library.html). You must be a contributing member to check out a book. Books may be checked out for one month only. Please plan on returning your book at the next API of Peoria monthly meeting. Donations of books are welcome and appreciated. Please check with Sharon Heritch at library@apeoria.org if you have a book that you would like to donate.

If you would like this newsletter to come to your e-mail box every month, please visit <http://groups.yahoo.com/group/APIofPeoriaNewsletters/> and click on "join this group!"

Regular Newsletter Items

API of Peoria Mentors Program

API of Peoria's Mentor Program offers FREE direct one-on-one support for any mom or dad. We hope this will be especially helpful for new parents with first time babies or for those who find that they need consistent help with their current situation. After gaining a little information about your needs and position, a mentor will be assigned to you. You'll never have to wait a whole month to get personal support again!

Your mentor will check in with you to see how you are doing through phone calls, e-mails, or home visits (if you desire). Your mentor will be able to help you with questions about sleeping, crying, babywearing, discipline, breastfeeding, maintaining family balance, and overall caretaking needs—whatever they may be! If your mentor does not know personally how to help you, be assured they will find someone who can!

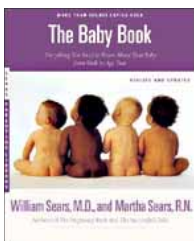
Don't be shy! Sign up to receive a mentor of your very own! Contact Cinnamon and Julie at mentor@apipeoria.org for more information.

Meals for Moms

The early weeks of having a new baby are so special. It is so important that parents take this time to enjoy and nurture their baby, as well as rest. We are keeping a list of expectant parents so that we may form a schedule of meal delivery to you so you have one less thing to worry about and can truly enjoy this time.

Please contact **Amy** at meals4moms@apipeoria.org with your name, due date, food preferences/dislikes, and phone number.

If you are interested in being on the list to prepare these meals, please e-mail Maureen with your name and phone number. She will contact you when we are able to organize a schedule of our special times to come! Thanks!!



Does Your Doctor's Office Have Mothering Magazine?

Or The Baby Book by William and Martha Sears? Several of our members have approached their physicians with that question and offered to donate one or the other as a gift from our group. We think this is a great use for our funds, to get the word out about AP and help local parents feel validated in their instincts. Let us know the name and address of your doctor and which publication you would like them to have. Send information to leaders@apipeoria.org.



API Message Board

Come and register at the API Message Board. Go to www.apipeoria.org/form.html and complete the form. Robin Robinson is managing the message board. Once she receives your form, she will then open your membership, which will allow you to view the full board. This message board makes it very easy to follow all of the current API threads! If you have questions, you may write forums@apipeoria.org

API of Peoria Meeting Ground Rules

When you come to a monthly meeting, please consider the following:

1. While children are welcome at meetings and there are plenty of toys for babies and toddlers, we currently do not have hired childcare. We also do not have activities for older children. **If you bring your children to a meeting, be prepared to get up and attend to them regularly. If you bring older children, bring a quiet activity for them and prepare them to sit quietly during the meeting.**
2. **No hitting, spanking, or verbal abuse of children at group functions.**
3. **No gossiping** about group members and their situations outside of the group.
4. Please don't bring a **sick** child (or a sick self) to a meeting within the first three days of the start of a respiratory illness, or within twenty-four hours of the cessation of diarrhea or vomiting.
5. **No group will espouse or maintain a political or religious affiliation.**

If you have time:

Will you **please consider helping clean up after a meeting?** We need to put all the toys back, put the chairs and tables the way they were, and vacuum the floor. Your help would be appreciated. Thanks

Newsletter Submission Invitation

Reader submissions are what make this newsletter great!! Are you looking for an excuse to write your birth stories? Have a great recipe to share? Read a good book lately? What are your latest favorite quotes? What are your recent thoughts or discoveries about Attachment Parenting topics? Please share with the other readers of this newsletter. *Please send submissions to newsletter@apipeoria.org*. Thank you!

There's a new page on our website with the how's, why's and what's of submitting to this newsletter along with all of the submission deadlines for this and next year. Please check it out! <http://www.apipeoria.org/newsletter.html>

Join Attachment Parenting International of Peoria

Why?

- ** You can check out fabulous parenting books from our library. A lot of the books on the booklist from the Positive Discipline meeting can be found right in our own library. If there is a book that you need that you don't see, please contact Sharon at library@apipeoria.org
- ** You can advertise for free in our monthly newsletter. Do you want to sell something? Do you have a work at home business? Advertise in the newsletter and reach mommas just like you!
- ** You can help to support our group meeting location rent needs. Our new location at the Universalist Unitarian requires that we pay a little more rent. Also, if we choose to do some enrichment meetings (how to freezer cook, how to cloth diaper, etc.) we could use the church for that, too.
- ** Your money will go toward any future community outreach that we do. Remember when you were a new mom confused about parenting style? Wouldn't it be great to reach those new moms before they've succumbed to societal pressures to sleep train or CIO?
- ** Your membership status will carry weight when we work with International. Wouldn't it be great to say that we are 100 members strong in Peoria, Illinois!?

How much?

\$15 to join local API of Peoria or \$35 to join AP International (\$15 goes to us and \$20 to International) you also get a magazine mailed to you.

How do you join? WOW!! It's so easy now!!! Just use PAYPAL. You can paypal your money directly to paypal@apipeoria.org. You can also mail a check to Libbe.

If you have any more questions on membership, please email Libbe at treasurer@apipeoria.org

Classifieds

Support our work-from-home community!

Contributing API of Peoria members (contact apiofpeoria@yahoo.com) may place classified ads for free!

Non-contributing members may place an ad for \$3.00 per month, which will be contributed to the API of Peoria group.

Thank you to our advertisers for supporting this newsletter and our group!

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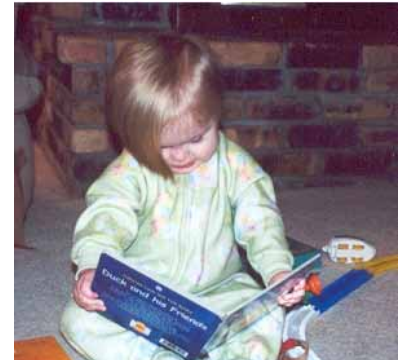
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~The Crafty Dragon~

The Angel Company's new 2005-2006 Catalogue is now available! Don't miss these wonderful and artistic stamps! Get TAC Catalogue for \$10, but mention to Marla that you are an API member and receive 50% off!!

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API of Peoria Leaders:

Please contact the Leaders for any questions or concerns you might have!

Julie Harvey and Cinnamon Nieu Kirk

(Shared Leaders e-mail : leaders@apeoria.org)

Julie Harvey
309-446-9973

julie@apeoria.org

Cinnamon Nieu Kirk
309-282-7950

cinnamon@apeoria.org

Librarian: Sharon Chinn-Heritch

We have a wonderful library – please let us know if you need to check out a book!

library@apeoria.org

Treasurer: Libbe Dawdy

Would you like to become a contributing member to API of Peoria or Attachment Parenting International?

treasurer@apeoria.org

To pay for accounts, please feel free to use our paypal address!

paypal@apeoria.org

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wel come@apeoria.org

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secretary@apeoria.org

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newsletter@apeoria.org

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forums@apeoria.org