



API of Peoria Newsletter

Attachment Parenting International

Peoria, IL Chapter

July 2006

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"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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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 at the Universalist Unitarian Church, which is located at 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!

Letter from the editor

Ah, those summer moments! Vacations, swimming pools, popsicles, fireflies, the endless smell of sunscreen – what isn't to love about summer? Okay, so it's a little hot around here...I'll give you that one! Our family just returned from a vacation, and wow is it different traveling with a 2-year-old instead of the 1-year-old we had last summer! My ears were filled with the endless question "What's that?," along with our son's built-in directions of "This Way" and "That Way" – and of course, he wants to go the opposite direction of the way we intended.

While sitting and watching our son playing during this vacation, I reflected long enough to realize the change that's happened to me in these two years. Even something as simple as going to an amusement park is completely different. Instead of wanting to ride the rides over and over again (I'm a roller coaster fool), I mainly wanted to stay with my son and watch the look on his face as he takes in all of these new experiences, both the good and the bad. Ah...this change is good!

And I thought of my friends here – as I watched the families around me, and was reminded how very important it is to be emotionally responsive and attached to our children. Thank you to those of you who set that example and encourage us to strive to be better parents everyday. ☀ Angela Loring, editor

July Meeting Topic: Kids and Chores – our potluck continues!

As we finish up a hastily prepared dinner on the way out the door to Jesse's softball game, I look around at the pile of plates and dishes and cautiously approach Katelyn asking, "Honey, will you please help me clear the table?" She answers me very quickly with a loud and resounding, "No! I'm busy playing with Legos." How do I handle this? Should a three year old be able to help clear the table? Am I asking too much? And if I do get past the conflict surrounding the table clearing, should I reward her in any way or just expect chores as part of being a family?

Kids and Chores. It's something that I think most families struggle with. As we continue with our summer series a "Potluck of Ideas", please bring your ideas about what is working or is not working for you and your family to our meeting in July.

Traditionally, API of Peoria has taken a summer hiatus. We really feel, though, that support from and for API families is needed year round. So this summer we've decided to try something new. Come join us for a "potluck" meeting. What does

this mean? **pot-luck** (pŏt' lŭk) *n.* 1. meal at which each guest brings food that is then shared by all.

We are planning on having a "potluck of ideas" for each month during the summer. This means that each person attending the meeting will bring one idea about the meeting topic. Then we will put all of our ideas together and share them. The ideas can be as simple as one sentence or as elaborate as a demonstration. It's up to each person how they would like to contribute. This way, we can have more relaxed meetings this summer, while still supporting each other.

After the meeting, if everyone could submit their idea to leaders@apipeoria.org, we will compile it into a handout of tips that we will publish on the website. Come on out enjoy this summer feast of ideas!

API of Peoria Childbirth Classes

Our 8-week childbirth preparation program gives you straight, evidence-based information on all your birth options, including prenatal and postpartum care.

The next class series will run the week of July 10th through the week of August 28th, on Monday evenings from 7pm-9:30pm.

For more information, visit <http://www.apipeoria.org/childbirth.html> or e-mail childbirth@apeoria.org.



Above: Kyle Loring puts his toys away – in the window, of course! (Speaking of chores and toddlers!)

Below: Kyle helps his mom do the dishes in the kitchen sink.



Get Your Toddler to Cooperate

by Elizabeth Pantley, author of *Kid Cooperation* and *Perfect Parenting*
Reprinted with Permission of Author

Toddlers and preschoolers require finesse to gain their cooperation, because they have not yet reached the age at which they can see and understand the whole picture, so simply explaining what you want doesn't always work. Robert Scotellaro is quoted in *The Funny Side of Parenthood* as saying, "Reasoning with a two-year-old is about as productive as changing seats on the Titanic." (He must have had a two-year-old at the time.)

You can get around this frustrating state of affairs by changing your approach. Let's look at two situations – first the typical (Titanic) way:

Parent: David! Time to change your diaper.

David: No! (As he runs off)

Parent: Come on honey. It's time to leave, I need to change you.

David: (Giggles and hides behind sofa)

Parent: David, this isn't funny. It's getting late. Come here.

David: (Doesn't hear a word. Sits down to do a puzzle.)

Parent: Come here! (Gets up and approaches David)

David: (Giggles and runs)

Parent: (Picking up David) Now lie here. Stop squirming! Lie still. Will you stop this!
(As parent turns to pick up a new diaper, a little bare bottom is running away)

I'm sure you've all been there. Oh, and by the way, David is *my* son. And this was an actual scene recorded in his baby book. Like you, I got very tired of this. And then I discovered a better way:

Parent: (Picking up diaper and holding it like a puppet, making it talk in a silly, squeaky voice)

Hi David! I'm Dilly Diaper! Come here and play with me!

David: (Running over to Diaper) Hi Dilly!

Parent as Diaper: You're such a nice boy. Will you give me a kiss?

David: Yes. (Gives diaper a kiss)

Parent as Diaper: How 'bout a nice hug?

David: (Giggles and hugs Diaper)

Parent as Diaper: Lie right here next to me. Right here. Yup. Can I go on you? Oh yes?!

Goody goody goody! (The diaper chats with David while he's being changed. Then it says, Oh, David! Listen, I hear your shoes calling you – David! David!

The most amazing thing about this trick is that it works over and over and over and over. You'll keep thinking, "He's not honestly going to fall for this again?" But he will! Probably the nicest by-product of this method is that it gets you in a good mood and you have a little fun time with your child.

(continued on Page 3)

Get Your Toddler to Cooperate (continued from Page 2)

When you've got a toddler this technique is a pure lifesaver. When my son David was little I used this all the time. (I then used it with my youngest child, Coleton, and it worked just as well.) Remembering back to one day, when David was almost three, we were waiting in a long line at the grocery store and I was making my hand talk to him. It was asking him questions about the items in the cart. Suddenly, he hugged my hand, looked up at me and said, "Mommy, I love for you to pretend this hand is talking."

Another parent reported that she called her toddler to the table for dinner a number of times, when he calmly looked up at her, chubby hands on padded hips and said, "Mommy, why don't you have my dinner call to me?"

And suddenly, the peas on his plate came to life and called out to him; he ran over to join the family at the dinner table.

A variation on this technique, that also works very well, is to capitalize on a young child's vivid imagination as a way to thwart negative emotions. Pretend to find a trail of caterpillars on the way to the store, hop to the car like a bunny, or pretend a carrot gives you magic powers as you eat it.

It's delightful to see how a potentially negative situation can be turned into a fun experience by changing a child's focus to fun and fantasy. □

Excerpted with permission from *Kid Cooperation, How to Stop Yelling, Nagging and Pleading and Get Kids to Cooperate* by Elizabeth Pantley, www.pantley.com/elizabeth/, copyright 1996. Published by New Harbinger Publications, Inc., www.newharbinger.com.

Editor's Note: Please visit the website listed above to read the biographical information for Elizabeth Pantley. Her website has many resources listed, along with information for all of her books and articles.

Parenting educator Elizabeth Pantley is president of Better Beginnings, Inc., a family resource and education company. Elizabeth frequently speaks to parents in schools, hospitals, and parent groups, and her presentations are received with enthusiasm and praise.



She is a regular radio show guest and frequently quoted as a parenting expert in magazines such as *Parents*, *Parenting*, *Woman's Day*, *Good Housekeeping*, *McCalls*, and *Redbook* and on more than 80 parent-directed Websites. She publishes a newsletter, *Parent Tips*, that is distributed in schools nationwide, and she is the author of these parenting books (available in 18 languages):

- [*The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night*](#)
- [*Gentle Baby Care: Essential Tips for Raising Your Baby*](#)
- [*Hidden Messages: What Our Words and Actions Are Really Telling Our Children*](#)
- [*Perfect Parenting: The Dictionary of 1,000 Parenting Tips*](#)
- [*Kid Cooperation: How to Stop Yelling, Nagging and Pleading & Get Kids to Cooperate*](#)
- She was also a contributor to [*The Successful Child: What Parents Can Do to Help Kids Turn Out Well*](#) (Little, Brown and Company), a joint effort with Dr. William and Martha Sears.
- Elizabeth's next book, [*The No-Cry Sleep Solution for Toddlers and Preschoolers*](#) will be available in 2005.

She and her husband, Robert, live in the state of Washington with their four children, (Angela, 17; Vanessa, 15; David 13; Coleton, 5), "Gramma" (Elizabeth's mother), and assorted family pets. She is an involved participant in her children's school and sports activities and has served in positions as varied as softball coach and PTA president.

[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, moms' 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.

[API of Peoria Brochures](#)

We have several brochures available to be passed out to your friends, family, co-workers, and anyone else you think might benefit from API of Peoria and our activities! Brochures include API of Peoria, Integrated Yoga, Integrated Yoga for Pregnancy, and Childbirth Classes. Please visit our website or contact the leaders for more information.

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

leaders@apipeoria.org



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 website.

Volunteers Needed!

Volunteer opportunities always exist! You can distribute flyers and business cards, bring treats to a meeting, host a playdate, 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.

Recipe: Peanut Butter Balls submitted by Melody M.J. Beadles

This no-cook recipe makes a perfect afternoon snack and offers plenty of opportunity for the young sous chefs to help out.

Ingredients

½ cup peanut butter
¼ cup nonfat dry milk
¾ and 1/3 cup granola
¼ cup wheat germ
¼ cup apple juice concentrate

Directions

In a medium sized bowl, mix all the ingredients thoroughly, reserving the 1/3 cup of granola. Shape into 1 inch balls and roll in the remaining granola. Refrigerate to chill before serving.

Poem: "little birdie mouth" Written and submitted by Nicole Pierce

little birdie mouth

opens wide only to me
wiggling, rooting, restless, hunger
warmth flows through my giving body
content, stillness, calmness, love.

a new cord forms where no eyes can see
only your heart and mine comprehend.

never in my deepest wildest intuitive dreams
did i know this emotion existed.

little birdie mouth, opens wide only to me. □

Recipe: Tortilla Roll-Ups submitted by Brenda Antonacci

Servings: 15
Prep time: 10 minutes
Cook time: 0 minutes

Ingredients

1 pkg tortilla shells
1 pkg cream cheese
1/2 cup sour cream
1 pkg dry ranch dressing mix
6 green onions, chopped very fine
salsa

Directions

Mix cream cheese, sour cream, ranch and green onion. Spread on tortillas. Roll the tortillas and wrap them in foil or plastic. Refrigerate overnight. Before serving, slice them into 1/2 inch thick pieces and serve with salsa.

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 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 lunch (or you can run out and grab a lunch - there are several restaurants close by). We hope to see you there, with your knitting needles, bills to be paid, children, and sack lunches!

Friday, July 7th from 10-2 at the UU Church

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 a second session of this upcoming seminar this fall.

INTEGRATED YOGA

Do you enjoy yoga? Or maybe you've always wanted to try it, but haven't had the chance? Join us on Tuesday evenings for integrated yoga at the UU church. Julie Reams will be leading the class. The class fee will be \$5.00 for API Peoria members and \$8.00 for non-members. Punch cards are also available. Please wear light, loose, comfortable clothing and bring a mat if you have one. If you are pregnant, please bring a blanket and pillow. Yoga is great for maintaining balance and preparing for childbirth, two of our ideals, so come on out and join us!

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!

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!"



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@apipeoria.org if you have a book that you would like to donate.

Attachment
Parenting
International



JULY 2006 API OF PEORIA CALENDAR

S	M	T	W	T	F	S
						1
2	3	4 Happy July 4 th ! No Yoga	5	6	7 Catch Up Day UU Church 10:00 am-2:00 pm Details on Page 5	8 API Peoria Monthly Meeting - UU Church 10:00-11:30 am
9	10	11 Integrated Yoga UU Church 7:00-8:15 pm	12	13 Moms' Night Out Location TBA on forum 6:00-10:00 PM	14	15
16	17	18 Integrated Yoga UU Church 7:00-8:15 pm	19	20 Newsletter Submission Deadline	21 Playdate UU Church 10:00 am-12:00 pm	22
23/30	24/31	25 Integrated Yoga UU Church 7:00-8:15 pm	26	27	28	29

AUGUST 2006 API OF PEORIA CALENDAR

S	M	T	W	T	F	S
		1 Integrated Yoga UU Church 7:00-8:15 pm	2	3 Moms' Night Out Location TBA on forum 6:00-10:00 PM	4 Catch Up Day UU Church 10:00 am-2:00 pm	5
6	7	8	9	10	11	12 API Peoria Monthly Meeting - UU Church 10:00-11:30 am
13	14	15	16	17 Newsletter Submission Deadline	18 Playdate UU Church 10:00 am-12:00 pm	19
20	21	22 Integrated Yoga UU Church 7:00-8:15 pm	23	24	25	26
27	28	29 Integrated Yoga UU Church 7:00-8:15 pm	30	31		

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.

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 Mary at mentor@apipeoria.org for more information.

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*. 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 year. Please check it out! <http://www.apipeoria.org/newsletter.html> Thank you!

API Message Board

Come and register at the API Message Board. Go to www.apipeoria.org/form.html and complete the form. Tessa Matthews is managing the message board. Once our leaders receive and your form, they will review and 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. (see our Illness Policy for more details)
5. No group will espouse or maintain a political or religious affiliation.
6. Snacks – in order to address several concerns with food allergies and sensitivities, we are asking that children eat snacks in their parents laps or at their parents feet. Also, please help us keep the new carpet looking great by picking up crumbs after the snack is finished.

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!

API of Peoria Illness Policy

In our efforts to keep all of our children as healthy as possible, and to clear up confusion about when children are welcome to participate in API Peoria events, we have adopted a modified version of Dr. Bill Sears' recommendations on when to keep children home from child care.

In general, if your child has nasal secretions but they are clear and watery, and your child is happy and playful, pain free, and has a temperature of less than 101 degrees there is no need to exclude your child from Peoria API events.

However, please do not bring your child to any Peoria API event if she/he exhibits any of the following symptoms:

- a fever of 101 degrees or more within the last 24 hours
- nasal secretions that are thick, yellow, and/or green, especially if accompanied by a fever, an earache, frequent night waking, or a peaked look -- in mother jargon, a sick-looking-face
- a cough accompanied by fever, chills, and/or coughing up of green or yellow mucus
- vomiting or diarrhea within the last 24 hours
- a rash (especially with fever and itching)
- eye discharge or conjunctivitis (pink eye)
- open or oozing sores
- lice or scabies
- you or your children have knowingly been exposed to a highly communicable disease, until the incubation period has passed and there is no sign of illness.

Thank you for your cooperation and honesty, and for supporting us in our efforts to keep all of our children as safe and healthy as possible. □

Julie Harvey
Cinnamon Nieukirk
API Peoria Leaders

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!!?

Quarterly newsletter mailed to you from Attachment Parenting International.

How much?

\$35 to join

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!

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For more information, contact Libbe at MomLibbe@aol.com or (309) 383-3103.



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Sharon Heritch can come to your house and help you figure out what to do with kitchen stuff, hallway closet stuff, basement stuff, toy organization, and even bedroom closet stuff.

Clear out the clutter and begin to feel calm and clear. \$25 for the first hour, \$10 each additional hour. I take notes of my suggestions for you to keep after our session.

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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!!

Free stamp with every \$30 order plus a new Stamp of the Month every month (discounted with that same \$30 order) PLUS four Limited Edition Stamp sets for \$2.50 each...all four available with that SAME \$30! Discover the ease and savings of unmounted stamps! Monthly hostess clubs available. Contact Marla at:

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Alysia Short

309-685-0267 or teachntoys@yahoo.com

On-line product catalog and business opportunity information: www.discoverytoyslink.com/ashort

API of Peoria Leaders: Julie Harvey and Cinnamon Niekirk, leaders@apipeoria.org

Julie Harvey, 309-446-9973, julie@apipeoria.org

Cinnamon Niekirk, 309-282-7950, cinnamon@apipeoria.org

Treasurer: Libbe Dawdy, treasurer@apipeoria.org

To pay for accounts, please feel free to use our paypal address! paypal@apipeoria.org

Secretary: Marla Serrine, secretary@apipeoria.org

Newsletter Editor: Angela Loring, newsletter@apipeoria.org

Publishing Editor: Shannon Alvarez, newsletter@apipeoria.org

Forums: Tessa Matthews, forums@apipeoria.org

Librarian: Sharon Chinn-Heritch, library@apipeoria.org

Hospitality: Mary Clayton, welcome@apipeoria.org

Mentoring Program: Mary Clayton, mentor@apipeoria.org

How to Talk Facilitator: Brie Noble-Mark, htt@apipeoria.org

Council Members: Chris Kaniecki, Jen McDaniel, and Hilary Shirven, council@apipeoria.org

Childbirth Preparation: Hilary Shirven, childbirth@apipeoria.org

Integrated Yoga: Julie Carnegie Reams, yoga@apipeoria.org

