



API of Peoria Newsletter

Attachment Parenting International
Peoria, IL Chapter
June 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

Once again, change is on the horizon for our newsletter, and what an exciting change it will be! You may have noticed that our last newsletter and this newsletter are a bit shorter than usual. We are gearing up for a new outreach for API of Peoria. As of this fall, our newsletter will not only be on the web, but will also be in print form. Sure, we've had a few printed for our meetings and welcome folders, but we'll soon be receiving 500 printed copies to send out and distribute throughout our community!

As many of you already know, one of Peoria's parenting organizations, CPEA (Childbirth and Parenting Education Association) of Peoria, has decided to dissolve effective the end of May 2006. They have passed along their printing service to us, so that we might continue to reach out to parents in the Peoria area and offer support. Our mission of education and outreach is very similar, and we're thankful that CPEA has been so generous, donating their resources to us. Our API of Peoria leadership would like to thank CPEA and all of their members for the many years they provided support to our community.

Many of us will be heading out for family vacations soon. If you'd like to share and receive some great tips for this vacation season, please come out to the June meeting! I wish you a safe and happy June! ☀ Angela Loring, editor

June Meeting Topic: A "Potluck" of Ideas

What do we have cooking this summer? A potluck of ideas!

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 (pɒtˈlʌk) *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.

Our first topic for the June meeting will be Family Summer Vacations. So bring an idea how to make an inexpensive, low-key vacation fun and meaningful. Some ideas might be to include stopping at local museums and historical sites, playing a game of mini-golf where the only communication is through touch, staying home to build a tree house together, etc. We could also incorporate some ideas on how to travel with children including what to pack, how to entertain them during long waits, what story tapes are good, etc.

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!

NEW - 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.

Our first session is currently underway. 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.



Amy Chambers, mom, with newborn Ava.

The Birth Story of Ava Rebecca Chambers submitted by Amy Chambers

I'd like to share the story of Ava's birth, but the adventure actually started weeks before. When I was nine months pregnant, my husband accepted a new job in a new state and he loaded up the truck, towed the car, and drove 11 hours from IL to take us to temporary corporate housing in Memphis. The apartment was not ready to say the least, and we had to stay in a hotel for 3 days. I was 37 weeks pregnant, and the entire time, I was contracting regularly and praying that the baby didn't come while I was living in a hotel with a 3 year old and my husband.

Soon after our arrival in Memphis, my husband hired a doula to be on call to help with my labor and with our daughter. After days of on-again-off-again labor, I woke up my husband at 1 a.m. and told him to call the doula because it was time. No answer. Contractions were 4 minutes apart. Still no answer. We woke up my daughter and drove during an ice storm to a hospital in another suburb. At the hospital, I felt relaxed, in control, and comforted to be with my husband and daughter. By this time, I didn't want the doula anyway. I was only 4 cm dilated, but I felt confident I could naturally birth my child. Oddly enough, my contractions weren't regular, but I was still dilating. My daughter occupied herself in our room with a video of Aladdin. While my husband held my hand, my daughter moaned with me during contractions, and in between contractions, I was happily talking and laughing. 4 cm, then 6 cm, and then 7 cm. I was so proud of myself and in control of myself during contractions. For the first time, my husband believed that I could have a natural birth.

By 10 am, I was in transition at 8 cm. I was still completely relaxed and enjoying my labor. When I was 9 cm, I was expecting things to go quickly and smoothly. Then the doctor whom I had never met arrived and my labor took a turn. The doctor wanted me to try to push so she could get the lip of cervix out of the way since I had been at 9 cm for over an hour. (Wasn't this part supposed to go quickly?) My nurse disagreed with the doctor; she knew that pushing before I was ready would cause the cervix to swell. It did. I was becoming confused and didn't know whom to trust. The fear-tension-pain cycle was starting. After an hour of pushing against my cervix, the baby was stuck in the swollen cervix. The pain was much more intense with the swelling. After spending 3 hours at 9 cm with no fetal distress, the doctor told me that I needed an epidural to help my body relax so the baby could come out without a c-section. The nurse believed that time would help, not an epidural. With the doctor's threat of a C-section, my husband decided for me that an epidural was best. At the time, I knew my judgment was clouded, so I wanted my husband to decide. I didn't know what to feel except disappointment in knowing that I was not going to give my baby a natural birth.

Confused, in pain, and worrying about my 3 year old who had been awake since 2 a.m. waiting patiently for her baby sister to be born, I received an epidural at 1:45 pm. It worked. The swelling went down, and I pushed out my baby with relative ease. Her big sister didn't want to see the "gross" event, so she was in the hallway jumping up and down when my husband told her the baby came. Ava Rebecca was born a healthy 7 lbs. 14 oz. at 2:20 pm.

Now, with 12 days since Ava's birth behind me, the happy thoughts of bringing my second and last child into this world overpower the disappointment of receiving an epidural after 12 hours of laboring so well without any intervention. Although the road to Ava's birth was bumpy, the destination was wonderful. □

Traveling with an Active Toddler

submitted by Sharon Chinn-Heritch

Some people have toddlers who sit quietly for hours in their carseats during long family trips, and adjust well to new food and new people. For the rest of us, I thought I'd share some of the things that we learned over the years in taking long car trips and plane trips with our wiggly sons.

Long before you actually get in the car, start a list of things you might want to take along. Plan outfits for each day, and do your laundry accordingly, so your child's favorite shirt is clean and ready to be packed on packing day. As you go about your daily routine, keep a list nearby where you can note down the *things* you need during the day. Pack outfits rolled together and sealed in ziplock bags, together with underwear & socks. That way you won't have to dig through all the clothes to pull together an outfit. You can even label your packages and pack them in order of use.

For sunny summer car trips, here are some specific ideas:

- Plastic cling-film that darkens car windows is great for long summer car trips. Also make sure you have a white pillowcase to drape over your child's car seat when you leave the car parked in the sun.
- I advocate stick-type sunscreen for baby faces & hands. Liquids can too easily get wiped into your child's eyes, and then you have a major problem. Take a stick in the baby bag, and one in the suitcase. I'm also a big believer in full-body sun-protective swimsuits for babies and toddlers. Children are believed to get most of the sun exposure they'll receive in their whole lives before the age of 10.
- Some experts suggest taking lots of new little toys from the dollar store, wrapping them up separately, and doling them out over the course of the trip. However with toddlers, and even older children, less is more. The "lots of toys plan" was not a good system, in the experience of everyone I've talked with. It makes the children whine-y and dissatisfied with what they do have. Very few, very simple toys are best for car or plane travel. Not to mention the need to conserve space in tight quarters.
- The same applies to snacks. Cheerios are always a winner. Although they can be spilled to make a huge mess, at least it's easily swept up, unlike sticky candy or fruit drinks. Stick to water when traveling, and you'll never come back to a sun-baked car containing a forgotten sippy cup of rancid orange juice or milk. {Shudder}

For airplane travel, here are some specific ideas:

- Write out your itinerary with addresses and contact numbers, flight numbers and times, and give a copy to your emergency contact person, a friend or family member who might need to contact you.
- Put a note with your name, cell phone number, and your destination address inside your suitcase. If your suitcase is lost, the airline can contact you where you'll actually be, instead of leaving messages at your (empty) home.
- Program your cell phone's speed dial with the number of the airline. If your flight gets cancelled or another problem arises, you can call the airline. The ticketing agent on the line can do everything the check-in agent can do, without waiting in long lines with wiggly children.
- Use the electronic ticketing option rather than getting a paper ticket. You can't lose it, and you can get your seat assignments ahead of time. Check your bags at the curb, if this option is available at your airport. We paid an extra \$2 for this service and considered it a bargain, because we got to avoid the line at the ticketing/check-in counter completely and head straight for our gate. Use a cart or the services of a porter if you have a lot of carry-on baggage or can't use curb-side check in. Your main job has to be watching your children and keeping track of time. Juggling a wobbly load of heavy gear is a recipe for missing something or someone important.
- Find a seat near enough to your gate to keep an eye on the status of your flight and hear announcements, but try to sit near an empty gate, where children's movements and noise won't disturb other passengers.

(continued on Page 4)

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.

Traveling with an Active Toddler (Continued from Page 3)

- The best toy for waiting in the airport was a squashy soft ball. Our toddler played fetch and roll for a truly amazing amount of time. Another good way to pass the time when you have two parents along is to have one take toddler into the washroom and play washing hands. This assumes you don't mind getting on board with a damp child.
- All the noise and confusion of an airport made quiet books and games impossible for us. We had to basically keep our little man intensely busy every minute. It was exhausting, but my husband and I traded "toddler duty." Finger plays, songs, and games like "Head, Shoulders, Knees and Toes" were our staples during the waits.
- Check your stroller at the gate, and take advantage of early boarding to get the carseat securely buckled into the airplane seat. If you are flying with your child as a lap baby, be mentally prepared for a long flight. My lap baby never stopped moving, and we took turns keeping him busy. Ordinary toys he liked at home never seemed as interesting on the airplane, for some reason. When the tray table and seat belt had been thoroughly investigated, these non-toy toys were great:
 - mother's purse
 - a stack of mini-Post-Its
 - retractable ball point pen
 - a cup of ice and a tiny stir-stick from the attendant
 - cheerios
 - scotch tape
 - band-aids

What doesn't work well:

- small balls that roll away under other people's seats
 - rattles (do children ever like these?)
 - crayons (because toddlers will color the seat, the tray table, the walls)
- Thank goodness for breastfeeding. It's great for preventing ear pressure problems on takeoff and landing. What's almost certain is that you'll hear conflicting interpretations of the rules about this from every person at the airline. Some flight attendants are adamant that your baby must be in his carseat (if you have one) until the seatbelt sign is off, by which time your child will be miserable. Others will encourage nursing during takeoff. And the telephone and check-in agents will have other versions of what is allowed. For some reason, babies and toddlers are likely to fall asleep for that much-needed nap just before landing.
 - As soon as you can, introduce the concept of yawning on command. Tell your toddler to yawn and stick out his tongue. This will equalize pressure in the ears if you cannot nurse on takeoff.
 - Toddlers have an ingenious ability to produce serious quantities of poop on airplanes. Smaller toddlers can be changed in the tiny toilets, but you may just have to take care of things on the floor, with your rear end sticking out into the aisle. Of course you'll have a change of clothing for baby, but don't forget yourself. By the time you get done, you'll need to clean up as well.
 - Some people prefer a bulkhead seat because it has a bit more legroom for a child to stand up in, or to make diaper changes more manageable. Bulkhead seats have no under-seat storage, so you'll have to keep your diaper bag & purse in an overhead bin. Others prefer the rear of the plane, because it is always the last part filled so you are more likely to have empty seats near you and the LOUD hum of the engines lulls some children to sleep quickly. If your airline has three-across seating, ask if you and your spouse can be seated with an empty seat between you, to be filled if everything else is taken. However, industry insiders say that because airlines are in such a financial bind this summer, empty seats will become scarcer. Planes will be overbooked more frequently, and if you arrive late you may not get a seat at all. All the more reason to have lots of tools in your toolkit for keeping toddlers busy and happy during long waits at the airport. □

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, June 16th 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.

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



JUNE 2006 API OF PEORIA CALENDAR

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

JULY 2006 API OF PEORIA CALENDAR

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

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.

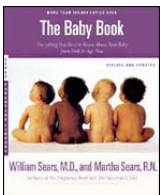
Newsletter Submission Invitation

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

Does Your Doctor's Office Have Mothing 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 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.**

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 (\$15 goes to us and \$20 to International)

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!

~Usbourne Books~

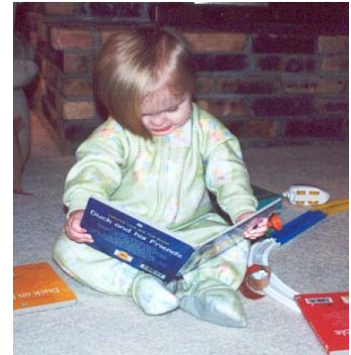
"It's a rewarding experience when a child opens a book and discovers the magic of reading." Libbe Dawdy- Independent Consultant

<http://www.ubah.com/D1797>

Parties, fundraisers, book fairs, read-a-thons.

Call or e-mail today!

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



~Organize Your Stuff & Simplify Your Life!~

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.

Call me at (309) 263-2346 to make an appointment.



The Bradley Method® of Natural Childbirth

~ Healthy Mother and Healthy Baby ~

The kind of pregnancy, labor, and birth our children experience has a profound and lifelong effect on their health—mentally, emotionally, and physically. Let me help you learn how to tune in to your body and birth naturally.

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800-4-A-BIRTH • National Headquarters, PO Box 5224, Sherman Oaks, CA 91413-5224 • www.BradleyBirth.com
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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:

www.thecraftydragon.net
jingles@thecraftydragon.net
309.369.7503



Considering cloth diapering but want to actually see the diapers? Want to check for proper fit and compare sizing? Want to have your cloth diapering questions finally answered? Come visit the PinStripes and PolkaDots showroom and explore for yourself the wonderful world of cloth diapering.

Call and schedule a showroom consultation today!
Or visit us online at www.pinstripesandpolkadots.com

Sarah Gesiakowski
309.821.9408
122 Magoun St, Bloomington, IL 61701
info@pinstripesandpolkadots.com

~Tastefully Simple~

Eat. Party. Shop. What's not to love? Tastefully Simple offers over 30 easy-to-prepare gourmet foods you and your friends can taste before you buy. Contact me for more information.

Nicole Nemece, Tastefully Simple Independent Consultant
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ts_nicolen@yahoo.com
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