



API of Peoria Newsletter

Attachment Parenting International
Peoria, IL Chapter
May 2006

VOLUME 1 ISSUE 9

MAY 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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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 - week of August 28th, 7pm-9:30pm (day of week TBA)

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

Letter from the editor

Hard to believe that May is upon us! Flowers are blooming (along with everyone's allergies), parks are being cleaned and cleared for our use again, and summer schedules are being posted everywhere. It's a great time of year to get moving outside, if your sinuses will allow it!

My 2 year old would move outside permanently if I would let him! We're looking for more and more places to go and people to see. Remember that if you decide to go somewhere or do something and want some company, post it to the forum. There's a pretty good chance that someone else is looking for something to do, too! Let's have lots of impromptu playdates or picnics and start to enjoy each other's company as our children spend more time with nature.

Below are two pictures of my son, Kyle, enjoying one of his new hobbies – picking dandelions! Have a fantastic May and get those cameras ready to capture your memories!

☀️ 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 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!

May Meeting Topic: Why wait? Considering School Options

Why wait until the last lazy days of summer are approaching before thinking about your schooling options for the fall? Why wait until it's time to send your baby to kindergarten to consider what alternatives are out there? You don't have to wait; you can join us on Saturday, May 13th to discuss schooling options including public school, private school, and home school. If your children aren't school-aged yet, we'll also discuss how to set up your life and environment so that education and desire for knowledge are a part of your everyday life!

Moms, do you need a night out with friends?

Why not join us for Moms' 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: May 4th 6-10:30 pm

Where: TBA

Please visit the Get-Togethers section of the forum to get the final details. E-mail Mary at welcomes@apipeoria.org with any questions, or if you do not have access to the forum.

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

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.

The Birth Story of Sean Patrick Clayton...and then some submitted by Mary Phelps-Clayton

I think of Sean's birth as starting several weeks before it actually occurred, so I will start with where it began for me.

My pregnancy was anything but "normal." I had extreme amounts of mourning (yes you read that right ;) sickness. I was sick for approximately seven full months and would get sick (throw up) about three to five times a day. Sometimes I was sick as much as fifteen times in a single day. After my first trimester I was put on medication to help with the nausea. It did not make it go away and I still threw up daily, but I was finally able to gain weight and to live a somewhat normal life. During the first trimester I also had a minor case of placenta previa that resulted in two weeks of bedrest, and then it moved into an anterior placenta. This meant that I could not feel Sean move until he was big enough to push his foot out and around the back into my ribs. We could actually see the outline of Sean's foot!! It also meant the doctor could not see anything and kept me under excessive observation. As a result I was placed on medication for the nausea and on restricted activity two separate times and had more ultrasounds and tests than usual.

My husband Chris and I were about to leave for a normal OB appointment, I was thirty-one and a half weeks pregnant. On the way to the car I got very dizzy, and we weren't sure why until the appointment started. The nurse came in to do the normal procedures and when she got to my blood pressure she got concerned and left the room leaving Chris and I wondering what was going on. The doctor came in and rechecked it; she then started to freak out. Chris and I were, of course, concerned as our doctor was freaking out in front of us telling me to lie down on my left side and that we had to go to OSF NOW!!! We finally got out of her that my blood pressure was 180/100. By the time we got to OSF my blood pressure was about 160/90. As a result, I was entitled to a 4 day stay on the OSF ante partum floor. Subjected to one test after another, I rarely had any idea what they were doing. I do know they gave me a steroid shot to help Sean's lungs grow, should they need to induce. I might add, they threatened to induce everyday. On the fourth day I was allowed to leave with very strict instructions to take my blood pressure four times a day and to lie on my left side. I was to do all I could to keep things running smoothly until I was thirty-six weeks.

Everything went smoothly for the first few weeks. My blood pressure averaged 140/90, which was not great, but low enough to keep me at home. On the eve of my 35th week I took my blood pressure and it was 169/104. I went straight to bed and decided to wait until my normal appointment the next day to discuss it. I hoped beyond hope that it would go down. Alas, it did not, the next day it was still too high and I was sent straight to Methodist ante partum (my preferred insurance hospital). Both Chris and I assumed that I would have a week long hospital stay and then they would induce at week thirty-six. We were both wrong. By the end of the first evening my blood pressure was averaging 180/120 and everyone (except for Chris and I) decided I would be induced that night. I was moved into a private room right next to the nurse's station and was given a 1:1 nurse/patient ratio.

At eight in the evening on Monday, November 3rd they began the inducement. I was thirty-four weeks and five days. I was checked and was very tight and very firm, if Sean had it his way, he would have been in for a long time still. In addition to the pitocin I was put on Magnesium Sulfate. The dosage was so strong that it did not take long before I was completely unable to move or see. I remember one time trying to lift my arm to scratch my cheek and it just fell back to my side before I could barely raise it up. My muscles were complete jelly and I needed assistance to roll from side to side. I was given an epidural, because the pain from each contraction would jump my blood pressure upwards of 200/140. Plus, as I was not allowed to move at all, I was unable to utilize any birthing positions that may have aided in the discomfort of a contraction.

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The Birth Story of Sean Patrick Clayton...and then some (Continued from Page 2)

The first night, Monday, came and went with no major discomfort on my part. I was checked periodically and told that I had barely changed at all. Every few hours a nurse would come and take blood, because the amount of Magnesium Sulfate I was on was considered very risky. Each time they would poke a new hole in me and most times they were unable to get any blood the first time so I would get poked twice for each time they took blood. By the end of my visit I had bruising up and down both my left arm and leg (you can't take blood from the side with the Mag Sul). Plus they would do various other procedures like checking my reflexes; I had none, and checking my foot response, I don't remember what for, but I know each time I failed miserably.

As of eight in the evening Tuesday night I had not progressed further than two centimeters and my doctor and the nurses were getting concerned. So at 8 o'clock they upped the amount of pitocin, or "drained the pool" as Chris called it. They stuck a monitor into the top of Sean's head so they could better keep an eye on him. With the high levels of Magnesium Sulfate, they started getting concerned about him too. Of course, he was fine during this whole thing. He was happy just swimming around minding his own business; he had no plan on coming out anytime soon, that is, if he had things his way. It was comforting being able to hear his heartbeat in the background, it helped me to relax and calm down some. For the next several hours they kept threatening to do a cesarean if things didn't progress faster. I was so adamant and even with the amount of drugs pumping through my body and the fact that everything was so hazy I just kept saying "no cesarean" over and over.

That evening the contractions really started to get intense. About two in the morning I had to wake Chris up as I couldn't sleep through them anymore. At that same time a nurse comes in and saw me grabbing hold of the side rail of the bed during a contraction. She said, "don't do that, you're tensing up your body and prolonging labor". Oh boy was I mad, I had been doing this for almost every contraction for the past 24 hours and nobody felt it necessary to tell me before hand, and believe me there were plenty of times the nurses were in the room during a contraction. I had progressed to about four centimeters by this time due to the increased pitocin. I should mention that due to my bedrest I had no birthing classes or Lamaze or anything, so I really had no idea not to hold on to anything, though I guess it makes sense in hindsight.

After this Chris would hold my hands flat for every contraction. He would remind me to breathe, as I would also hold my breath each time, and he would talk to me throughout each one. I remember one time he said something funny during a contraction and I couldn't help but laugh, oh did it hurt. I hissed at him "Don't make me laugh during a contraction." He says that's the "worst" thing I said to him the whole time.

At four in the morning I was checked again and told I was at eight centimeters. I matter-of-factly said I guess this means I'm in transition. The nurse said "Not necessarily" and then oh boy did I have a contraction. She said, "Then again maybe you are." They gave the final "Maybe we still need to do a cesarean." I said firmly "No, not if I've made it this far." From here on out I don't really remember the times for anything, but I remember the contractions getting stronger and stronger. I also started to notice a weird pain, coming from my Catheter, it took a while but I realized that it had given me a urinary tract infection and with each contraction it would scream in pain and burning. The nurses wouldn't believe me and said they hadn't ever heard of a UTI from this before. But I assured them that I had enough in my life to know what one felt like. They decided to take it out as by this time my body would take care of all those issues anyway. Ah, it was immediate relief. I was now able to focus on the matter at hand again.

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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, 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.

Come Visit the API Store at Café Press!

www.cafepress.com/shopapi

New to Attachment Parenting International – an online store with AP friendly and supportive merchandise. The have t-shirts, bibs, journals, magnets, pins, calendars, greeting cards, tote bags, mouse pads, coffee cups, coasters, and more! And the best part? 100% of the proceeds go to our national organization! Let's support API!

From website: Attachment Parenting International is a 501(c)(3) non-profit organization and 100% of the proceeds for products sold in this online shop return to API to further its mission, which is to promote parenting practices that create strong, healthy emotional bonds between children and their parents. For more information about Attachment Parenting or API, please visit our website. We invite you to browse the exciting new products available for Peaceful Parents and Friends of API. Thank you for shopping here and supporting Attachment Parenting International!

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.

The Birth Story of Sean Patrick Clayton...and then some (Continued from Page 3)

At about seven in the morning (Chris tells me) the nurses tell me that if I need to bear down to go ahead and do it. I had no idea what this meant (hehe) so the nurse just said, if you feel you need to poop just push, you won't actually do that. Ummm, okay! This went on for a while until at about eight in the morning I felt the first urges to push the baby out. Luckily the epidural they gave me was just strong enough to help my blood pressure but not to take away the urge to push.

They let me partially sit up for the pushing and the doctor would wait for each contraction and then tell me to push. It didn't take me to long to figure out when to push on my own though. I pushed for over two hours and was certain Sean would never come out. I kept saying "I can't do it, I can't do it." I was so sure Sean would never come out and I that I did not have the ability to make it happen. Everyone was so reassuring and kept telling me to just push harder. "I can't," I would say. Well after one and a half hours in I realized I could do it, something just clicked and made it all come together. I pushed so hard, I didn't think I could have ever pushed so hard.

At 10:19 in the morning, on Wednesday November fifth, my doctor says "Mary, open your eyes and see your baby." All I could think of was how little (and slimy) he was. She put him on my chest and asked Chris to cut the cord. He was then quickly taken off and I first noticed about a dozen extra people in the room, many from OSF NICU. He was immediately rushed away and Chris looks after him then back at me and I just said "Go with him." Then they were all gone and I was alone with my nurse and my doctor. It all happened in about thirty seconds. It took a second then it dawned on me that he didn't make any sounds, no cry, no noise at all. I later learned he had an APGAR of 5 at 5 minutes, then 6 at 1 hour. The next time I would see him was a few hours later when Chris came back with some pictures. They decided he would be able to stay at Methodist in their mini-NICU.

Later that evening after the Magnesium Sulfate was wearing off the nurse asked me if I wanted to go see him, of course I did. I tried to get out of bed and my legs completely gave out underneath me. I still had little to no muscle control so I had to stay in bed. I would get to see him and touch him for the first time over twenty-four hours after he was born. I was pushed to the NICU and was allowed to touch him through the openings in the Isolate beds. I got tired really quickly and had to go back to my room. Later that day, however, I got to hold him; really hold him for the first time. I had to sit in the middle of the NICU that was connected with open windows to the rest of the nursery, but it didn't matter. I undid my nightgown and laid him against my breast. He had no sucking reflex and was hooked up to an IV for nutrition. I was only allowed to hold him for a few minutes at a time, every few hours. However, as the day progressed we taught him to suck with the colostrums I was pumping in my room. By midnight Friday morning he made an effort to latch on but could not suck or eat.

Early Friday morning two things happened. First, I was woken up about four in the morning with severe chest pain. Second, they took Sean off the IV and said he could get his nutrition from me now. Of course, he still could not suck! The chest pain ended up being from the five pounds of water that had collected around my heart as a result of the Pre-eclampsia. All that day I went from one cardiac specialist to the next and had a number of procedures such as a spiral CT, EKG, echo-cardiogram, etc. I was away from Sean and Chris all day. Chris and the nurses used a tiny tube and some liquid formula to give Sean the nutrition he needed while I was away. My milk had yet to come in and he had quickly gobbled up the colostrums I had pumped. Finally later that night I was allowed to hold him again. They even let him out of his Isolate and come into my room for a short time. However, his temperature quickly dropped and he was taken back after only a few minutes.

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The Birth Story of Sean Patrick Clayton...and then some (Continued from Page 4)

Saturday morning I was discharged from the hospital. They wanted me to stay a few days longer so that I could get a blood transfusion. My hemoglobin measured a four, which is extremely low. I had spent my entire pregnancy with a hemoglobin level ranging from eight to ten and dipping to six from time to time. That, despite two iron supplements and a prenatal pill each day. I asked if I could have a few days to work on it with diet and then see what needed to be done. By Monday my hemoglobin was up to six, which showed it was on its way up. I did not need any more intervention except to stay on all my pills. I wasn't fully "released" until twelve weeks postpartum, when my iron levels and blood pressure finally became normal.

Sean had to stay in the NICU for several more days after I was discharged. I was allowed to stay in an on-call room near the nursery while he stayed under a blue light for a bit of jaundice. They would call me every time he stirred and I was able to take him out and hold him for short periods of time. The next morning after some blood tests the doctor said he was free to go home. We had to take a blue light home with us, but more importantly we got to take Sean home with us. Sean stayed on the blue light for two more days and then he was considered cleared. He still had a very weak sucking reflex and never developed a rooting reflex.

For the next several weeks I would have to pump breast milk as he would not latch on to nurse. On more than one occasion I decided that I would just pump for a year and not force the issue of latch anymore. It was an extremely emotional time for me, thinking that I was unable to provide my child with the most basic of needs. I had already conceded that I was a failure of a mother and quite possibly the worst parent out there. However, at a well baby visit Sean's pediatrician urged me to try latch one more time and he actually did it. I was so shocked and excited and emotional. He was five weeks old at this time; it happened to be the week of his due date. It still took us several more weeks to really get the latch worked out. He still preferred to use the bottle. It was easier and I pumped solid for about three months. Finally, we all realized how easy it was to nurse on demand. You don't have to warm up a bottle of expressed breast milk every 20-30 minutes. With a little nudging from me we stopped using the bottle all together.

We were fortunate that he did not have any major complications as a result of being early. He was a large 'preemie' and I think this helped him. He was 6 lb 10 oz and 19 inches long. He was considered a "mag baby" as I was on extremely high magnesium sulfate. This meant that he was extremely sluggish and would not move or make any type of noise. He was unable to keep his temperature steady and I was unable to hold him for lengths of time to help with this. He also had a low oxygen levels and needed oxygen help for the first two days. He did experience some jaundice, but nothing too serious. He also dropped almost two pounds in the NICU, so we had extra weight to put back on him. But he didn't mind that challenge and was easily 14 lbs by two months, and 21 lbs by six months. By eight months he was 24 lbs. Our biggest long-term effect was his gastric reflux. As a result of being early the little flap in his esophagus didn't form correctly and he could not keep anything down. We were still experiencing problems with it when he was over eighteen months old. From time to time we still notice he is having gastro problems and probably will for a long time yet.

When it was all said and done I found out some things about my delivery. I had an extremely severe case of Pre-eclampsia, borderline eclampsia and other complications as well. I was at great risk of seizure and possible stroke due to my pregnancy-induced hypertension. I had an additional diagnosis of HELLP syndrome as well. Chris told me they had informed him that I was close to dying of complications if Sean did not come out soon. However, after thirty-five weeks of a difficult pregnancy and thirty-eight hours of extremely difficult labor I was able to hold and see Sean and knew it was all worth it. □



Top picture: Daddy (Chris) with Sean

Middle picture: Mommy (Mary) with Sean

Bottom picture: Sean, 10 hours after birth

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, May 19th 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



MAY 2006 API OF PEORIA CALENDAR

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

JUNE 2006 API OF PEORIA CALENDAR

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

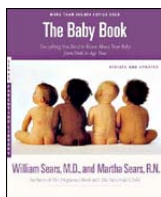
Newsletter Submission Invitation

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!!?

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 treasurer@apipeoria.org) 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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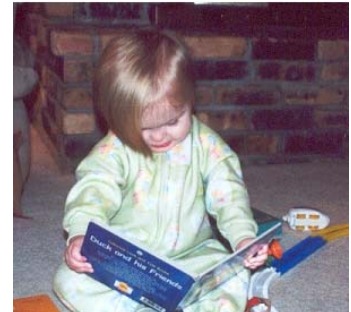
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Y**

API of Peoria Leaders:

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

Julie Harvey and Cinnamon Niekirk

(Shared leaders e-mail: leaders@apipeoria.org)

Julie Harvey
309-446-9973

julie@apipeoria.org

Cinnamon Niekirk
309-282-7950

cinnamon@apipeoria.org

Treasurer: Libbe Dawdy

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

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

Forums: Tessa Matthews

forums@apipeoria.org

Librarian: Sharon Chinn-Heritch

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

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

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Childbirth Preparation: Hilary Shirven

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Integrated Yoga: Julie Carnegie Reams

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