



# API of Peoria Newsletter

Attachment Parenting International  
Peoria, IL Chapter  
September 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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by Elizabeth Pantley
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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

Well, I can't believe that it's here, but we've reached the last month of the API of Peoria Newsletter as we know it. Starting next month, you will see a newsletter with a fresh, updated look, a new title, and many articles for you to read. And we can use your help! Besides asking for submissions, as I always do, we also need your help to fold the 500 printed copies that will be distributed throughout our community. We will be folding our new October newsletter during our regular monthly playdate (September 15<sup>th</sup>) and would certainly appreciate all of the help we can get! Plus, you'll get a "sneak peek" of our new newsletter.

What does September have to offer our AP community? Check out our calendar for regularly scheduled programs and special events. And as the school year has started for everyone, our schedules shift, which often means a change in sleep habits, of course. You might want to check out our monthly meeting description (below) and see if this month's meeting can offer you some suggestions and a chance to discuss an exciting topic that seems to plague every family at one time or another!

September also offers us many opportunities for family activities in our area. You can visit the Marigold Festival in Pekin, the Pumpkin Festival in Morton, festivals on the Riverfront in Peoria, parades, football games, and more! Let's have fun spending time together with each other and our families!

 Angela Loring, editor

## September Meeting Topic: Nighttime Parenting

"My baby won't nap." "My toddler gets up for the day at 4:30 am." "My 4 month old doesn't want to go to sleep until after midnight." These are frequent and common posts on our message forums from parents looking for answers about sleeping patterns. It seems like everyone struggles with sleep issues with their children, no matter what the age of the child. One of the most common pieces of advice is that whatever your child is going through currently is just a phase, and this, too, shall pass. The behavior probably is a phase, as I don't know too many teenagers with as many sleep issues as my 16-month-old son, but when I am woken up for the seventh time before 2 am, I am really looking for some sound advice and tips to help my child and I both get a more restful night's sleep.

If you would like to brainstorm how we can help our children to sleep, while continuing to parent them during the night in the same peaceful way that we strive to parent them during the day, please join us at 10:00 am on Saturday, September 9<sup>th</sup>, at the UU Church. □

Do you need to stock your freezer with some great meals for your family? Why not join us at Super Suppers on October 26<sup>th</sup>? Watch the message forums for more details!

### API of Peoria Website –

[www.apipeoria.org](http://www.apipeoria.org)

Have you visited our website lately? If not, it's time for you to revisit and check out all of the great things our website has to offer. You can find this current newsletter and archived newsletters on the site, as well as information for ALL of our activities. You can even print brochures about our group and programs to hand out to people who might benefit from the information. And don't forget to check the calendar for events happening this month and upcoming months. After you've checked us out again, share the website with your friends, family, and any new mom, dad, or family you meet, and give them a chance to get connected with API of Peoria!



### 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 message forums to be an invaluable source of 24/7 support, advice and friendship. Check the "Calendar of Events" section or our website for activities scheduled for this month.

For more information about our group or this newsletter, please contact our API of Peoria group leaders at their shared e-mail address: [leaders@apeoria.org](mailto:leaders@apeoria.org)

## Wonderful Sounds for Sleep

by Elizabeth Pantley

Excerpt from *The No Cry Sleep Solution*

Reprinted with permission from the author

The environment that your baby enjoyed for nine long months in the womb was not one of absolute quiet. There was a constant symphony of sound -- your heartbeat and fluids rushing in and out of the placenta. (Remember those sounds from when you listened to your baby's heartbeat with the Doppler stethoscope?) Research indicates that "white noise" sounds or soft bedtime music helps many babies to relax and fall asleep more easily. This is most certainly because these sounds create an environment more familiar to your baby than a very quiet room.

Many people enjoy using soothing music as their baby's sleep sound. If you do, choose bedtime music carefully. Some music (including jazz and much classical music) is too complex and stimulating. For music to be soothing to your baby, pick simple, repetitive, predictable music, like traditional lullabies. Tapes created especially for putting babies to sleep are great choices. Pick something that *you* will enjoy listening to night after night, too. (Using a tape player with an automatic repeat function is helpful for keeping the music going as long as you need it to play.)

There are widely available, and very lovely, "nature sounds" tapes that work nicely, too, as well those small sound-generating or white-noise devices and clocks you may have seen in stores. The sounds on these -- raindrops, a bubbling brook or running water -- often are similar to those sounds your baby heard in utero. A ticking clock or a bubbling fish tank also make wonderful white-noise options.

*"I went out today and bought a small aquarium and the humming noise does seem to relax Chloe and help her to sleep. I didn't buy any fish though. Who has time to take care of fish when you're half asleep all day?"*  
Tanya, mother of 13-month-old Chloe

You can find some suitable tapes and CDs made especially for babies or those made for adults to listen to when they want to relax. Whatever you choose, listen to it first and ask yourself: Does this relax me? Would it make me feel sleepy if I listened to it in bed?

If you must put your baby to sleep in a noisy, active house full of people, keeping the tape running (auto rewind) will help mask baby-waking noises like dishes clanking, people talking, siblings giggling, TV, dogs barking, etc. This can also help transition your sleeping baby from a noisy daytime house to which he's become accustomed subconsciously to one of absolute nighttime quiet.

Once your baby is familiar with his calming noise, or music, you can use these to help your baby fall back to sleep when he wakes up in the middle of the night. Simply sooth him by playing the music (very quietly) during the calming and falling-asleep time. If he wakes and cries, repeat this process.

If your baby gets used to his sleep time sounds you can take advantage of this and take the tape with you if you will be away from home for naptime or bedtime. The familiarity of these sounds will help your baby sleep in an unfamiliar environment.

Eventually your baby will rely on this technique less and less to fall and stay asleep. Don't feel you must rush the process; there is no harm in your baby falling asleep to these gentle sounds. When you are ready to wean him of these you can help this process along by reducing the volume by a small amount every night until you finally don't turn the music or sounds on at all.

(continued on Page 3)

**Wonderful Sounds for Sleep (continued from Page 2)**

Babies enjoy these peaceful sounds, and they are just one more piece in the puzzle that helps you to help your baby sleep – gently, without any crying at all. □

Excerpted with permission by McGraw-Hill/Contemporary Publishing from **The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night** by Elizabeth Pantley, copyright 2002 Website: <http://www.pantley.com/elizabeth>

**About the Author**

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. Please visit her website at [www.elizabethpantley.com](http://www.elizabethpantley.com).

**September Fundraiser for API of Peoria****Stock your kitchen and support API of Peoria in the process!**

Whether you have a passion for cooking or spend very little time in the kitchen, you've come to the right place. The Pampered Chef has multipurpose kitchen tools and timesaving recipes that make home cooking quick, easy and fun.

Come to the September API of Peoria meeting and browse a display of Pampered Chef products after the meeting. Twenty percent of the retail value of each purchase will be donated to API of Peoria. I will have our brand new Fall/Winter catalogs for you to take and share with family and friends. There are over 60 new products this season! Book a home party or catalog show and I will donate an additional \$10 to API Peoria. The fundraiser will run through Sept. 21. If you cannot attend the September meeting, feel free to browse my website at [www.pamperedchef.biz/jenwallace](http://www.pamperedchef.biz/jenwallace). Please e-mail me your order instead of placing it on the website, so I can make sure API of Peoria gets the credit! If you have any questions, or would like a catalog, please email me at [jennywallace@insightbb.com](mailto:jennywallace@insightbb.com) or call me at (309)694-3001.

Jenny Wallace  
Independent Consultant  
The Pampered Chef

**Recipe: Curly Noodle Dinner**

Submitted by Angela Loring

**Ingredients:**

- 1 pound ground beef (or sirloin)
- 1 can stewed tomatoes (14 ½ oz)
- 1 can whole kernel corn (8 oz)
- 1 package Ramen noodles with pork flavor

**Instructions:**

In a 10-inch skillet, cook ground beef until brown, then drain. Stir in undrained tomatoes, undrained corn, and the seasoning packet from the Ramen noodles. Break up noodles and stir into beef mixture. Bring to boiling, then reduce heat. Cover and simmer about 10 minutes or until noodle are tender.



## BabyBodyBirth®

love your baby / nourish your body / cherish your birth™

Sponsored locally by API of Peoria

Our API of Peoria childbirth instructor, Hilary Shirven, has recently become a certified childbirth instructor for a new organization, *BabyBodyBirth*®. We are very excited about this continued transformation to a full spectrum, mother and baby centered approach that is both accurate and up-to-date. We are also very excited about the *BabyBodyBirth*® approach to childbirth education, as it is not a "one size fits all" approach.

*BabyBodyBirth*® believes that all expectant moms should have a full understanding of the many options they will have during pregnancy and childbirth. This is key to achieving a satisfying birth experience—something every mother wants but which often looks different from mother to mother depending on her unique hopes and desires. Those wanting a natural birth will find everything they need within these classes to fully prepare for the birth they want, as will those who plan to use medications to help them along the way.

The *BabyBodyBirth*® classes will be taught in three "modules." Taught in a layout that is completely different from any other childbirth classes, the modules are independent of each other with no requirement to take all three. However, taking all three will certainly give mothers the most comprehensive childbirth education available. For more information on class content, please refer to the brochure at [API of Peoria Childbirth Classes Brochure](#) and the official *BabyBodyBirth*® website, [www.babybodybirth.com](http://www.babybodybirth.com).

Here is the schedule of upcoming classes:

**BabyBodyBirth® 9-week Combo:** Mondays, Sept. 11<sup>th</sup> - Nov. 6<sup>th</sup>,  
7pm

**BODY Class:** 2 sessions  
Mondays, Sept. 11<sup>th</sup> & Sept. 18<sup>th</sup>  
7:00pm

**BIRTH Class:** 5 sessions  
  
Mondays, Sept. 25<sup>th</sup> - Oct. 23<sup>rd</sup>  
7:00pm

**BABY Class:** 2 sessions  
Mondays, Oct. 30<sup>th</sup> & Nov. 6<sup>th</sup>  
7:00pm

To register or find out the dates for our next session, contact Hilary at [childbirth@apipeoria.org](mailto:childbirth@apipeoria.org) or 309-472-7508.

"My husband, Mark and I attended the first API childbirth class offered and it was wonderful. We learned tons from Hilary, had a great birth, we were both informed and knowledgeable going into the childbirth process. I...was able to gain excellent support from my midwife/doctor for my birth plan because I came to the dialogue informed and ready to talk about the options.

All of this was due to this class. It really was great and when it was over, I really missed going each week"  
~Kristi Link

# API of Peoria Contact Information

API of Peoria Leaders: [leaders@apipeoria.org](mailto:leaders@apipeoria.org)  
Julie Harvey, 309-446-9973, [julie@apipeoria.org](mailto:julie@apipeoria.org)  
Cinnamon Nieu Kirk, 309-282-7950, [cinnamon@apipeoria.org](mailto:cinnamon@apipeoria.org)

**Treasurer:** Libbe Dawdy, [treasurer@apipeoria.org](mailto:treasurer@apipeoria.org)  
To pay for accounts, please feel free to use our paypal address!  
[paypal@apipeoria.org](mailto:paypal@apipeoria.org)

**Secretary:** Marla Serrine, [secretary@apipeoria.org](mailto:secretary@apipeoria.org)

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**Librarian:** Sharon Chinn-Heritch, [library@apipeoria.org](mailto:library@apipeoria.org)

**Hospitality:** Mary Clayton, [welcome@apipeoria.org](mailto:welcome@apipeoria.org)

**Mentoring Program:** Mary Clayton, [mentor@apipeoria.org](mailto:mentor@apipeoria.org)

**Council Members:** Jen McDaniel, Angie Cordio  
[council@apipeoria.org](mailto:council@apipeoria.org)

**Childbirth Preparation:** Hilary Shirven, [childbirth@apipeoria.org](mailto:childbirth@apipeoria.org)

**Integrated Yoga:** Julie Carnegie Reams, [yoga@apipeoria.org](mailto:yoga@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](http://www.attachmentparenting.org)

## SAVOURING SEPTEMBER.

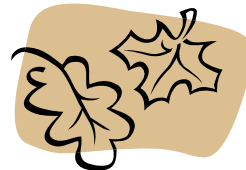
If summer is a symphony,  
September is a minuet.  
Though September plays host to summer's end.  
There is a delicacy as the first leaf falls gracefully  
From a tree.

There is a quietude in our spirits  
As twilight descends ever so much earlier.  
We remember we picked up our books  
And returned to school.

We recall how lovely it was  
To walk in the late afternoon  
Surrounded by such beauty,  
Of autumn's splendor.  
And the first time we needed that  
Gorgeous sweater.

And we gather in  
During this golden time  
To our private places,  
And to our ultimate thoughts.  
We seek our joys by the fireplace,  
Rekindled after its summer rest.  
And gather in the beauty  
And treasure every moment  
Of this golden time of year!

~~Author Unknown~~



## API of Peoria Message Forums

We all have times in our parenting journey when we need other parents in our lives to help us make informed decisions, let us vent and lift us up when things are not going the way we envisioned, and celebrate with us when things are going better than you ever thought possible. Where can you find this great support network 24/7? Right here in your own backyard, through the API of Peoria Message Forums. We have over 100 moms and dads in our forums to give you different perspectives and suggestions on everything – from parenting to recipes to music and books, and more! And if you live here locally, we also use our message forums to decide locations for Moms' Night Out and announce other activities. Come and register at the API Message Forums. Go to [Forums link](#) and complete the form. Once our leaders receive your form, they will review and then open your membership, which will allow you to view the full forums. Come on over and check us out!

## Attention Work at Home Moms!

Is the deadline looming near for ordering your minimum product for the quarter?  
Do you need just a few more sales to boost your rank in your company?

How about doing a **WAHM fundraiser** with API? It would be an easy way to reach sales goals, with not much extra effort on your part. And the members of API would be able to enjoy the fabulous products you offer while we help you meet your goals!  
We would love to work with you!

Please contact us at [leaders@apipeoria.org](mailto:leaders@apipeoria.org) for more information.

## 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, October 6th from 10-2 at the UU Church

## TIMBERCREEK

Would you like an opportunity to have fresh, organic food products for your family while also helping API of Peoria? If so, this fundraiser is for you!

We are placing monthly orders with Timbercreek. Visit [www.tcforganics.com](http://www.tcforganics.com) for an example of food boxes that are available. If you purchase any box costing \$29.99 or more, our local API chapter receives \$3.00 per box. Orders are delivered directly to your door. Please contact Chris Kaniecki at [c.kaniecki@insightbb.com](mailto:c.kaniecki@insightbb.com) to set up your account, place your monthly orders (the deadlines are on our calendar here and on the website), and ask any questions about the program.

## 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 – pay for six sessions and get your seventh session free! 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!

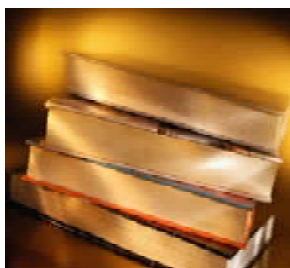
**If you are planning to attend an activity, please check the message forums for potential schedule changes. If you are not a message forums member, please call one of our leaders for more information.**

**If you would like this newsletter to come to your e-mail box every month, please visit [Yahoo Groups](#) and click on " join this group!"**

### 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.

[API Peoria Brochures](#)



### API of Peoria Library

API of Peoria has a wonderful selection of books. Our collection has grown with the addition of a generous gift of books from the disbanding Childbirth Education and Parenting Association. We appreciate titles such as "Raising Your Spirited Child" by Mary Sheedy Kurcinka, and "The Year After Childbirth" by Sheila Kitzinger. See the entire list of titles available in our library by going to <http://www.LibraryThing.com> and entering the name: **APIPeoria**, and the password: **SD5JK**.

You must be a contributing member to check out a book. Books may be checked out for one month. Please plan on returning your book at the next API of Peoria monthly meeting or activity. Donations of books are welcome and appreciated. Please check with Sharon Chinn-Heritch at [library@apipeoria.org](mailto:library@apipeoria.org) if you have a book that you would like to donate.

## SEPTEMBER 2006 API OF PEORIA CALENDAR

S	M	T	W	T	F	S
					1 Catch Up Day UU Church 10:00 am-2:00 pm Details on Page 6	2
3 Timbercreek Order Delivery	4 Integrated Yoga #2 UU Church 7:00-8:15 pm	5	6	7 Moms' Night Out Location TBA on forums 6:00-10:00 pm	8	9 API Peoria Monthly Meeting - UU Church 10:00-11:30 am
10 BBB Body Class 7:00 pm	11 Integrated Yoga #3 UU Church 7:00-8:15 pm	12	13	14	15 Playdate/Fold Newsletter UU Church 10:00 am-12:00 pm	16
17 BBB Body Class 7:00 pm	18 Integrated Yoga #4 UU Church 7:00-8:15 pm	19	20 October Newsletter Submission Deadline	21	22	23
24 BBB Birth Class 7:00 pm	25 Integrated Yoga #5 UU Church 7:00-8:15 pm	26 Timbercreek Orders Due Details Page 6	27	28 November Newsletter Submission Deadline	29	30

## OCTOBER 2006 API OF PEORIA CALENDAR

S	M	T	W	T	F	S
1 Timbercreek Order Delivery BBB Class 7:00 pm	2 Integrated Yoga #6 UU Church 7:00-8:15 pm	3	4	5 Moms' Night Out Location TBA on forums 6:00-10:00 pm	6 Catch Up Day UU Church 10:00 am-2:00 pm	7
8 BBB Birth Class 7:00 pm	9 No Yoga - Break	10	11	12	13	14 API Peoria Monthly Meeting - UU Church 10:00-11:30 am
15 BBB Birth Class 7:00 pm	16 No Yoga - Break	17	18	19	20 Playdate/Fold Newsletters UU Church 10:00 am-12:00 pm	21
22 BBB Birth Class 7:00 pm	23 Integrated Yoga #1 UU Church 7:00-8:15 pm	24	25	26 December Newsletter Submission Deadline Super Suppers Outing	27	28
29 BBB Baby Class 7:00 pm	30 No Yoga - Halloween	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](mailto:newsletter@apipeoria.org) to add dates to the calendar.

**IMPORTANT:** If planning to attend an activity, please check the message forums for potential schedule changes. If you are not a message forums member, please call one of our leaders for more information.

# 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](mailto: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](mailto: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! [Newsletter submissions](#) **Thank you!**

## API Message Forums

Come and register at the API Peoria Message Forums. Go to [Forums link](#) and complete the form. Tessa Matthews is managing the message forums. Once our leaders receive your form, they will review and then open your membership, which will allow you to view the full forums. These message forums make it very easy to follow all of the current API threads! For more information, please visit page 4 of this newsletter! If you have questions, please write to [forums@apipeoria.org](mailto: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](mailto:library@apipeoria.org)

\*\* You can advertise for reduced rates in our monthly newsletter. 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 church 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](mailto: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](mailto:treasurer@apipeoria.org)

## Classifieds

*Support our work-from-home community!*

### ~Usbourne Books~

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## Nicole Pierce

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