



The Stork



Supporting women and families as they grow

Welcome as the newest Certified BAI Doula

I'm excited to say that after a couple of years of training and education I have completed the Birth Arts International (BAI) Doula certification program. I am now, not only a Bradley® Certified Doula, but also a BAI Certified Doula. I have to say I'm so very grateful that I choose to further my education with BAI. The program was comprehensive, and everything that I needed it to be. It has helps shape and mold my business and doula skills in ways that I couldn't have dreamed of. I'd like to send out a huge THANK YOU to everyone who has helped me along the way. Those who have written testimonies, completed evaluations & interviews, ect. It goes without saying that all my past clients have been a major inspiration & support to me. It's you who makes me want to be the best doula that I can be.

~Steph



All Stork Reunion @ Sibley Park

June 4th, Shelter #5 11am-1pm

Calling all past, present and future clients. We're excited to see you in June! We have big plans and they just keep growing. Bring a dish to pass. We will have plastic wear, plates, few non alcoholic drinks, and dessert. We have booked a photographer and face painter for the littles.

Family Pictures

\$20

2 family pictures
1 pictures of the family
by Jessica Marie Photography

The Green Stork, LLC

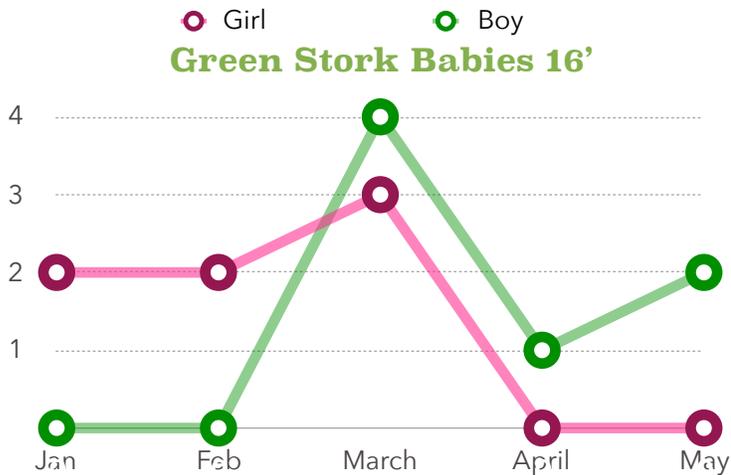
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Face Painting!

FREE

Organic face painting
by Bonnie.



March was a record month for The Stork!

5 couples were supported by Steph during labor, 2 Bradley® families welcomed their little ones, & 4 women were able to reap the benefits of encapsulation.

March was my busiest month EVER! It was certainly not planned to have so many clients give birth within the same the month, but that is the beautiful thing about birth. You never

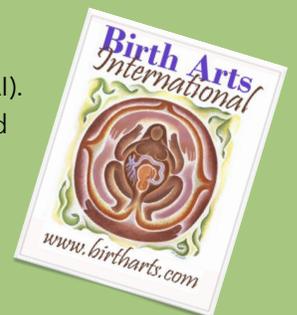
know what lies in our future. It's amazingly, beautiful, raw, and an emotional journey like no other. To witness two people look into the eyes of their baby for the very first time or a father catch his baby. Breathtaking. It's one that continues to pull on my heart strings.



“Birth is not only about making babies. Birth is about making mothers... strong, competent, capable mothers who trust themselves and know their inner strength.” Barbara Katz Rothman

BECOME A DOULA WITH BIRTH ARTS INTERNATIONAL...

This April I was able to meet Demetria Clark, Founder and Director of Birth Arts International (BAI). I'm not going to lie, I was a little star struck. Before joining the Birth Art's team I had already read a couple of her best selling books; Herbal Healing for Children and Aromatherapy and Herbal Remedies for Pregnancy, Birth, and Breastfeeding. I kicked myself as I entered Chicago when I realized I hadn't grabbed one of the books for her to sign. I'm telling ya, Demetria is amazing. She is super down to earth and really has a passion for birth work, herbs, and all things naturally healing. I was really inspired listening to her speak about her BAI mission. Birth Arts is improving infant and mother mortality rates around the world. Demetria spoke about living on an military base with her husband where a woman of color had passed away due to a postpartum hemorrhage. Both the woman and baby died due to going unnoticed. Demetria became determined to make birth safer after this. Hearing her speak of this experience brought tears to my eyes. I realized then, I CAN MAKE A DIFFERENCE. One birth at a time. Doula's around the world are improving birth. Evidence Based Birth shows that having a doula present has decreased the risk of C-section by 28%, increased the likelihood of a spontaneous vaginal birth by 12%, and lowered newborns being admitted to a special care nursery by 14%. This makes me proud of what I am doing as a doula and birth professional. If your interested in joining the mission and becoming a doula I strongly urge you to check out BAI.



2016 Class Schedule

Winter

January 3rd/March 20th

Spring

April 3rd/June 12th

Summer

July 17th/October 2nd

Fall

October 9th/January 8th

All classes held at River Valley Birth Center, Sunday's from 5pm-7:30pm



Register today @ greenstorkmn.com to guarantee your spot. Space is limited to 6 couples and we do fill up in advance.

Top 10 ways I stayed happy when those baby blues crept in...

I love my babies and even more, I loved staying home with them when they were so fresh and new. Even with that, some days were hard. Be it hormones, lack of routine, or what ever, some days were hard! These tips really helped me.

- 1) **K.I.S.S. "Keep it simple sweetie."** A good friend of mine would say this to me all the time when I had my first baby. She reminded me often to keep it simple. Don't over book yourself. Once you're feeling good and want to get some things done, conquer one task a day. Slowly add two to your plate. Remember that on top of you're own goals, your still caring for a tiny human that relies fully on you. Keep your schedule and expectations light.
- 2) **Step outside and let the sun hit your face.** Even on a rainy day, go outside and take the umbrella. Some of that fresh air can turn your mood around. If you can't step outside, open a window and take in a few deep breaths.
- 3) **Create your tribe.** It really does take a village. Start to create your tribe while pregnant, if you can. If not, that's ok. Who's on your short list? Who can you call anytime to pick you up? Which friends have similar parenting goals as you? Confide in them.
- 4) This one's important. **Change your clothes every day.** Even if it's just your underwear. Even better, if you can change your P.J's to a different set of comfy P.J's. Change your cloths. Get a fresh start.
- 5) Limit your visitors, especially those first two weeks. **Limit your visitors to those who will help you around the house.** Those who you won't feel the need to cater to. Perhaps that you trust to hold the baby while you take a quick shower or bath.
- 7) **Brush your teeth. Wash your face.** You CAN do these things with a baby in your arms or right next to you. It will make you feel so much better.
- 8) Put on a pair of your favorite earrings. If you don't wear earrings, how about a bracelet? Do something to make yourself feel pretty. Has it been a while since you put on mascara? Do that today. **Remember you are beautiful! Motherhood does look good on you.**
- 9) **Make a phone call.** Is there someone you haven't connected with in a while? Sure, you can't get up and go to them right now, but you could call them and connect. Enjoy a good long phone call. Forget about texting. Have a live conversation. FaceTime or Skype would be even better.
- 10) Last, but certainly not least, **take your "happy pills".** Did you encapsulate your placenta? Don't forget to take your pills. Oh man! I felt the difference when I would forget to take mine. Placenta capsules help to level out your hormones and iron and increase your energy. They have been called "happy pills" by many spouses.

DIY Sensory Bottles

Sensory bottles provide an opportunity to explore science, nature, math and of course sensory experiences. We use sensory bottles for calm down time, quiet time, transitions, or science exploration such as exploring whether objects sink or float.

A great resource for sensory bottles can be found at Lemon Lime Adventures:

<http://lemonlimeadventures.com/sensory-bottles>

To make the a "Glittery Bottle with Beads" and a "Cloudy Day with Hearts" you will need:

2 water bottles (our favorite bottles are Voss water bottles and can be found at boxed.com)

2 Bottles of Hair Gel

1 Container of Clear Floral Gel Beads

1 Bag Heart Pony Beads

1 Container of Baby Oil

1 Container of Liquid Starch

Glitter

Cloudy Day with Hearts

Fill 1/2 of the bottle with Liquid Starch. Add heart pony beads and then fill the remainder of the bottle with hair gel. Use hot glue or super glue to seal the lid to the bottle.

Beads with Glitter

Fill 1/2 of the bottle with Floral Gel Beads. Add glitter of your choice. Fill the bottle with baby oil. Use hot glue or super glue to seal the lid to the bottle.



Looking for more ideas? Follow [Here We Grow Early Childhood Center](#) on [Facebook](#) to see what we're up to and ideas you can replicate at home.

Here We Grow

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herewegrowllc.com

Are you dreaming of becoming a doula?

Are you an active doula looking to renew your certification?

Join the

Birth Arts
International
team!

There are no prerequisites to attend this workshop.

Upcoming Doula Trainings

July 9th/10th, Bemidji, MN

September 24th/25th, Mankato, MN

Come curious, leave inspired!

FILLIN' STATION COFFEEHOUSE
630 S. FRONT ST. MANKATO

MOMMA
MEET UP
TIME!

THE FOURTH WEDNESDAY OF
EVERY MONTH STARTING IN MAY!

6:00-8:00PM

greenstorkmn.com