

BABY STEPS

Kristy Wilson, CPM | Amanda Karlie, Apprentice

Important August Dates

11th - Amanda out of office
14th - Happy birthday, Naomi (Kristy)
16th - Happy birthday, Brittany
18th - Happy birthday, Aaron (Kristy) (office closed)

Hours

Non-urgent calls (ext 2)
10-am-6pm (M-Th)
We return all calls as available. If you do not hear from us within 24 hours, please call back.

Locations

Lancaster
Monday 3pm-9pm

New Cumberland
Tuesday 12pm-3pm
Thursday 9am-5pm

Home Visits
Monday 7am-2pm
Tuesday 7am-11am
Wednesday / Friday

Chiropractic in Pregnancy

The Webster Technique of chiropractic care is not just a breech turning method, but rather eliminates about 50-60% of the reasons and causes of labor difficulties. It can reduce 1) contraction abnormalities, 2) bony pelvis displacements, and 3) unfavorable presentation, or position of the baby.

Other ways to prevent labor complications:

- Daily Essentials Video (on the client area of the website)
- Swimming
- Walking (20-30 mins/day)
- Squatting (10 squats 3-5 times/day)
- Forward leaning inversion (Spinning Babies website)
- Crawling (yes, on all 4s)

Please ask us if you need a chiropractic referral! Not all chiropractors are the same and we have some recommendations for providers who specialize in pregnancy/newborn care.

Quickbooks & Payments

We sincerely apologize for the delay in invoicing. Please be assured that we are doing our best to get all invoices transferred to Quickbooks while maintaining our full appointment schedule and attending to urgent needs as they arise. We will be sure that all invoices are updated by the end of August, as we will be discussing it at each appointment this month. Thank you for your patience!



2021 Births

Ember 7 lbs. 13 oz.
 Genevieve 8 lbs. 2 oz.
 Aaron 9 lbs. 14 oz.
 Jeni 10 lbs. 4 oz.
 Maria 7 lbs. 8 oz.
 Olivia 7 lbs. 6 oz.
 Zakarri 8 lbs. 5 oz.
 Joelle 7 lbs. 5 oz.
 Molly 8 lbs. 10 oz.
 Elam 8 lbs. 9 oz.
 Lucas 8 lbs. 9 oz.
 Joanna 8 lbs. 9 oz.
 Micah 8 lbs. 7 oz.
 Hunter 7 lbs. 2 oz.
 Sawyer 6 lbs. 6 oz..
 Hope 10 lbs. 6 oz.
 Karen 7 lbs. 9 oz.
 Hadley 7 lbs. 15 oz.
 Patrick 8 lbs. 14 oz.

Nourishing Tea

These herbs help support your expanding blood supply, tone the uterine muscles, regulate hormones and are a great source of usable vitamins and minerals such as magnesium, vitamin K, iron, B vitamins, potassium, calcium, and phosphorus. We always have a fresh batch in stock!



Don't Forget To Stay Hydrated!
 Half Your Body Weight in Ounces EACH DAY

Ask the Midwives : What is the most important way to prepare for natural birth?

- 1) Focus your thoughts on ways to calm your mind.
- 2) Move your body every day.
- 3) Accept that your body and baby will work together naturally to allow birth to happen.

Sometimes the mental preparation for labor is more of an exercise in letting go and accepting; other times the mental preparation includes recovering from past trauma and negative experiences or thoughts. The mental journey is so important and cannot be ignored. A homebirth is not a way to escape fears.