



# Diaper Rap



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A Publication of The Next Generation Diaper Service & Breast-Feeding Supply \* 3841 N. Oracle Road, Tucson, AZ 85705  
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## We Deliver!

For your convenience, our trucks deliver more than just diapers. If there's something you need, chances are we have it! Just give us a call or email us at [diapers@theriver.com](mailto:diapers@theriver.com) and we will add any product we carry to your order, and bring it straight to your door!



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The **Holistic Moms Network** is a non-profit support and discussion network for moms with an interest in natural/holistic and alternative health and parenting. Our goal is to develop a thriving local community of holistic parents with a wide range of interests. The Tucson Metro Area Chapter offers monthly meetings on a variety of natural health and parenting topics as well as activities such as playgroups for new moms (and other events for not so new moms).

We will have a new and exciting structure starting in August. Please check our website often for details.

Visit [www.holisticmoms.org](http://www.holisticmoms.org)  
or contact Michelle Diaz  
at 520-245-7941.



New American Dream helps individuals and institutions consume responsibly for a better world. There's no better time to stand up to the challenge and live consciously for a safer planet! Pledge to make a change and become a Carbon Conscious Consumer.

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[c3.newdream.org](http://c3.newdream.org)

## Mama's Latte Tip for July

By TJ Marsh

When your baby is about six weeks old, you may find that you no longer have that full feeling in your breasts that you experienced earlier. You may not feel the let down any longer either. **This does not mean that you don't have enough milk!** It only means that your breasts have adjusted to their new job and you don't have to feel all the sensations any more. To make things more confusing, most breastfed babies go through a growth spurt somewhere between 6 and 8 weeks, where they seem to nurse constantly for 24 to 48 hours. It is easy to come to the conclusion that you no longer have enough milk, and offer a little formula to finally satisfy your little one. But all you need to do is trust in your body to meet the needs of your baby. Allow your baby to nurse whenever you see those feeding cues, and after 24 to 48 hours, your breasts should adjust to your baby's new needs by producing just the right amount of milk. If you are concerned, try taking 2 fenugreek capsules twice daily or pumping after your baby feeds for an additional 10 minutes per breast. This should give your milk supply a little boost to meet your baby's needs.



### World Breastfeeding Week

Breastfeeding: The First Hour—Save ONE MILLION Babies

COME Promote, Support and Protect Breastfeeding

#### Awareness Walk/ Breastfeeding Health Fair

Abrams Health Center  
3950 S. Country Club Rd.  
(Southwest corner of Country Club & Ajo)  
Friday August 3, 2007  
Walk begins at 7:30AM  
8:30AM-11:30AM

*Door prizes, giveaways  
Music  
Free food  
Information tables  
Ask an IBCLC Booth*

*"First Step to a Healthy Life"*



Arizona  
Breastfeeding  
Coalition



#### Caminata y Feria de Amamantamiento

Abrams Health Center  
3950 S. Country Club Rd.  
(Esquina suroeste de Country Club y Ajo)  
Viernes 3 de Agosto, 2007  
Caminata empieza a las 7:30AM  
Feria: 8:30AM-11:30AM

*Premios y sorteos  
Musica  
Comida Gratis  
Mesas de informacion  
Preguntele a una IBCLC*

VENGA a Promover, Apoyar y Proteger al Amamantamiento

### Semana Mundial de Amamantamiento

Dar Pecho: La Primer Hora—Salva UN MILLON de Bebes

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

## Mom and Tot of the Month

Kris, Meghan, Marshall, two dogs, two cats, two frogs, and a fish are the members of our family. Both mom and dad are busy working and going to school, and we are ever-so thankful that Marshall's grandma has taken care of him for the first year of his life. Mom is a teacher, so she gets to enjoy the whole summer with Marshall; dad's lucky, because he gets every Friday off of his urban planning job to play with Marshall too!

Marshall is our first, and we have taken great care in making sure that he is cared for as naturally as possible, from birth, to food, to diapers. Mom makes all of his solid food Marshall's favorite is organic pumpkin "pie". He already has seven teeth, and he's in the 97 percentile at nearly a year old!

The biggest challenge we've had with cloth diapers so far is getting other people used to it! Marshall's grandpa thought that the diaper and the cover are supposed to go in the pail; thankfully, Next Generation was able to fish the covers out for us! One of Marshall's grandma's didn't know that you aren't supposed to clean the diapers. When I came home from work one day, I found a pleasant surprise in the toilet! All-in-all, cloth diapering has been a wonderful experience. We use disposables when we go out, and we definitely don't care for them.

Marshall has not started potty training yet, but he will soon. Mom and dad will be happy, since we've never seen a child with such large poops! He's clogged up the toilet!

Mom weighed out the cloth v. disposable diapering months before Marshall was born through abundant amounts of research. Thankfully, Next Generation has such a great service because we don't have the time to clean diapers, we can barely get our laundry done! Many of our family members have used cloth diapers, and it's a bit better toward stewardship of our planet. Diapers, plastic and computers fill up landfills the fastest, so cloth diapers, recycling, and updating computers are key.

Our favorite brand of diaper cover is the cheapest, and preferably used. Marshall grows so fast that we can barely keep up with him!

Everything that has to do with parenting is mom's and dad's favorite thing to do! Both parents love children, especially our own. Both love to teach Marshall, play with him, and watch as he grows and develops. Marshall is the "sonshine" in our family -- giggling, drooling and getting into anything and everything that he can. He loves to snuggle, talk, sing, walk, cruise, crawl, play with toys, and "torture" the pets, but most of all, he LOVES to eat!

Any suggestions that we may impart for new parents is to simply fill your heart with love, time and patience and let the flowers of family life blossom in their own time. Also, pay attention to your parenting instincts, which are the best tool to use in all situations.



### Next Generation Families - Mom and Tot of the Month

Do you want to be featured in next month's newsletter? Answer the following questions and/or add your own story and picture and submit to [diapers@theriver.com](mailto:diapers@theriver.com)

- How long have you been using cloth diapers?
- What was your biggest challenge with cloth diapering?
- How old is your child and have you started potty training?
- How did you hear about cloth diapering - or what made you decide to use cloth diapers?
- What other non-mainstream things do you do (ie. breastfeeding, had natural child birth, etc.)
- What is your favorite thing about parenting?
- What is your child's favorite thing **to do**?
- Is there anything else you would like to add to your story?

## EVENTS

### KIDS YOGA GARDEN

**Little Bodies, Big Spirits** Every Wednesday 3:45-4:30 FREE!

Storytime Yoga for kids ages 2-6 with parent participation.. Join us for our "informal" Yoga circle including storytime with yoga poses, music, dancing and lots of fun and laughter for parent/child. FREE! All classes are held at Three Jewels, 314 E. 6th ST, just west of 4th Ave. Carolina Freund, M.A., YKA 520-248-0226 carolinafreund@yahoo.com

### Next Generation Diaper Service Baby Wearing Seminar

Every Wednesday - 9AM -1PM

What is baby wearing? What are the benefits? Stop by Next Generation Diaper Service at 3841 N Oracle Rd. for a demonstration and answers to many of your questions about baby wearing.

### Three Jewels KIDS' CLUB!

Activities and practice for kids ages 6-12. Informal and fun approach to dharma and compassion. Ongoing Wednesdays at 230 pm. Three Jewels, 314 E. 6 Street 207-9889

[www.3jewelstucson.com](http://www.3jewelstucson.com)

**VALLEY OF THE MOON SUMMER FANTASY.** A family-oriented event featuring tours and entertainment takes place from 7 to 9 p.m., Saturday, July 21. Free. Call or visit [www.tucsonvalleyofthemoon.org](http://www.tucsonvalleyofthemoon.org) for information. Valley of the Moon. 2544 E. Allen Road. 323-1331.

**NEW KIVA MOTIONS PUPPET THEATRE.** Performances of New Kiva Motions Puppet Theatre's production of Aesop's Fables takes place at 2 p.m., every Sunday, through July 29. \$5. Call 887-5144 for information. Red Barn Theater. 948 N. Main Ave. 622-6973.

**Summer Saturday Evenings Program** - On Saturday evenings, visitors can tour the Arizona-Sonora Desert Museum until 10 p.m. - a time when many of the animals are at their most active with the onset of the summer heat. Special weekly programming makes each trip a new discovery. Cost is only \$5 for adults after 5pm. Time: 5:00PM - 10:00PM - phone: 883-2702

## SUMMER ACTIVITIES

### Arts & Language

Arts for All Summer Arts Camp

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

520-622-4100

Arts for All Summer Arts Camp is accessible for children with and without disabilities. The campers are divided into small groups by age and attend classes in drama, dance, music, art, games, and cooking. Ages 3-22 years.

### Summer Camp - The International School of Tucson

2007 Summer Programme is language-based and activity-based, participants will have every opportunity to acquire the group's language and to practise / develop any existing language skills. Chinese, French, German, Spanish; Ages 3 - 5, 6 - 8 Time: 8:30AM - 3:30PM - phone: 406-0552

### Dance & Fitness

The Little Gym

[www.tlgeasttucson.com](http://www.tlgeasttucson.com)

520-751-1107

Your kids will beat the heat at the coolest camp in town. Children 3 up to 10 will enjoy games, activities and supervised play, along with crafts and snacks.

Gymboree

520-721-7722

Come join the fun this summer. Art, music and sports camps now offered. Ages 2-5 years.

Music and Dance Academy

[www.maoft.com](http://www.maoft.com)

520-327-2303 Explore the magic of Dance and Music through innovative and exciting Summer Camps and classes specially designed to engage young children. Ages 3months – 17 years.

## SUPPORT GROUPS

**Spirit of Service** is a non-profit organization working to provide alternative health care to uninsured and under insured members of the community. Some services that are currently offered are acupuncture, massage, reflexology and counseling.

Web: [www.spiritofserviceaz.com](http://www.spiritofserviceaz.com)

Phone: 520-668-6331. Email: [healingartsalliance@yahoo.com](mailto:healingartsalliance@yahoo.com)

### Postpartum Social Support Network

Have you recently given birth? Are you feeling exhausted, anxious, depressed, or just not yourself? If you are—you are not alone.

Web: [www.postpartum.net](http://www.postpartum.net)

#### Location 1:

St. Joseph's Hospital

**Carole Sheehan**

520.873.6858

Support Group meets every

Wednesday from 6:00p-7:30p

#### Location 2:

Northwest Medical Center, Ste 130

**Alison Sutton Ryan**

520.877.4149

Meets Wednesdays - 10:00a-11:30a