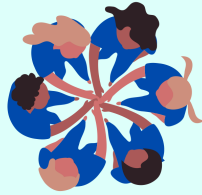


TOP PREGNANCY RECOMMENDATIONS



A BIRTHING TEAM

YOU DON'T HAVE TO DO THIS ALONE.

Create your dream-team! A doula would be one of the best recommendations - they can help educate you, support you, offer methods of pain relief, and advocate for you. Also make sure you include family members, friends, partner(s), therapists, psychiatrists, and a provider (midwife or OB) you trust!

A CHIROPRACTOR

FOR PAIN MGMT + EASIER LABOR.

A chiropractor can be a game-changer when it comes to pain management, prevention of discomfort, better sleep and offering you education + exercises for relief as your body changes. Make sure yours is certified in perinatal or the Webster Technique!



NO GUILT ABOUT RESTING

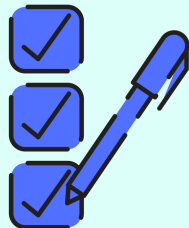
SELF CARE IS KEY.

Your life is about to dramatically change. You will notice an influx in feeling fatigued, exhausted and needing to nap. Don't fight it! Nap! This is your body telling you to slow down and start focusing on ways to better care for yourself while you are trying to grow a human!

BOND WITH THE BUMP

YES, IT MIGHT FEEL WEIRD AT FIRST.

At about 6 months, your baby can hear you! Read them books, talk to them, poke them and see if they respond. Send loving kindness to them. Show them your favorite songs. Write them letters to give them when they grow up -- about your pregnancy, your hopes, fears and excitement..



MAKE A PLAN

YOU HAVE CHOICES. BE INFORMED.

A birthing class or doula may help you with making sure you are informed will choices about your care, delivery and postpartum period. Do you want to give birth in a hospital, birthing center or at home? Water birth, position to stand in? Epidural or no? Cord cut right away or no? Breastfeeding, pumping or bottle feeding? Eye drops for baby? Skin to skin right away? It's YOUR birth, and you are allowed to make a plan.