

Conscious Choices, Blissful Birth

Module 6 Conscious Choices Checklist

What things did I learn to empower me in the 4th Trimester?

In this module we learned that there are things that we can do while we are pregnant that will effect our health even after baby is born. This is some responsibility, but also super empowering as it helps us to keep ourselves healthy for us and for baby! Also important to remember is prepping in advance to reduce the stress after the birth. We also learned about important nutrients and how to notice signs of depletion, which means we can seek help sooner instead of thinking it's just a lack of sleep. All this great knowledge gives us a great chance at simply getting to enjoy baby!!

What are my conscious choices?

- to take care of my body before the birth so give it the best chance
- to choose nutrient dense foods that will help support me before and after birth
- to find who can support me after baby so I can get what I need
- what are some ways I can per-prepare for the weeks following delivery
- to choose help before my health gets out of hand if there are signs of depletion

Notes:
