

Welcome to Conscious Choices, Blissful Birth!

We are SO excited to help you on one of the most amazing journeys of your life!

Let's dive right in shall we?

This first module is to help you understand what this course is all about before we get into the nitty gritty. This course is all about YOU!

Pregnancy and birth can be scary, BUT, it can also be amazing, empowering, blissful and the most wonderful thing you'll ever experience.

What we've found is that some of the best pregnancy and birth experiences come from women who were able to find their own strength through learning. Learning their options, learning their bodies and learning about how life starts. This course is designed to help you to be a part of this. We are here to give you all the tools you'll need to become the mom you were meant to be. So read on!

What does it mean to have conscious choices?

It means to be fully aware of your choices and everything they entail.

Let's say you go to a restaurant. You sit down and the waiter says "good evening, tonight we have our chef's prefix menu, so you're first plate will be out to you shortly." If you don't know what a prefix menu is, it means when the meal is already decided on and you just get to sit back and eat it. You have absolutely no say in what you're getting, and sometimes that can be great! But only if you know and trust the chef. Maybe you saw a special about the restaurant on TV, or you explored the food and menu before you went. Or your best friend went and raved about the meal. Either way, if you trust the chef then you're good, but if you don't know anything about it and everything is covered in nuts and you're allergic you're going to wish you did some research. Or you hate mushrooms, or you're lactose intolerant, or whole fish with the eyeball still in gives you the willies.

Okay so this time, you go to a regular restaurant. The waiter hands you the menu, but it's large and a little overwhelming and you've had a long day so as he brings you your glass of wine you say "what's your recommendation?" And he says, "I love the walleye it's fantastic, everyone loves it!" So you order the walleye. Now, you're trusting the waiter, whom you've never met, but he's worked there for years so you figure he knows what he's talking about. And then the walleye shows up, crusted in pecans with a cream sauce and the head still attached with the creepy eyeball!

The next time you go out, you are determined to make Conscious Choices! You sit down, take your time pursuing the menu. You ask the waiter, “do the fish tacos have any nuts or dairy in them?”. “I don’t think so.” He replies. “Well can you check to be sure please, I’m allergic?” You say. As it turns out the avocado crema is in fact, cream based, so you order the tacos, no crema with a side of avocado. Voila! You have now diligently looked at the options, cleared with the expert what works best for you and can dive into the meal of year dreams!

This is what we mean by conscious choices. The traumatic things that some women described in their birth stories is often because they don’t know what is going to happen until it is already happening. This is in NO WAY to say that traumatic births are the fault of the mother, but merely that no one can protect us better than us. We women are magical when we let ourselves be.

Modern obstetrics has their protocols and procedures fairly well set. These protocols are set in ways that present the most common issues that can arise during pregnancy and delivery, but they are really not set for each woman as an individual. They are also not set up in any way to help support you through a natural birth if that is what you’re after.

We want to do our absolute best to help you learn all you need to know so that you can navigate your way through this stage like the warrior woman you are.

We encourage you to really think through things as you go through each module. Consider each topic carefully. Do your own research as you see fit. Most of all, always consider your own feelings and go with your instincts. Learning to listen to them now will set you up to be sensitive to them when it counts the most, when you and your baby are counting on you knowing the way. And you can. You will.

Everyone knows that becoming a parent is a big responsibility. What a lot of parents don’t know, is that there is even more responsibility these days to take charge of your and your child’s health. With social media, there is information literally everywhere, so knowing which is the right information can be tough. We cannot however simply sit by and just listen to one opinion since we don’t know who is backing that opinion and almost all “medical” opinions out there today unfortunately have some kind of agenda. All this means for us is that we must do more. It is not simply enough to go to your doctor and do everything they say. If we truly want the best pregnancy, best birth, healthiest baby, and best life, we must take our health into our own hands and do the research.

There’s good news though! Taking charge of your family’s health feels incredible! It takes away the worry, the fear and the doubt. You can sleep well knowing that you’ve done what is right for you and your family. Does this mean I’m saying don’t listen to your doctor? Absolutely not, you’re listening to me now aren’t you? What I am saying is that in today’s society almost everything needs to be taken with a grain of salt, and then some good research.

Each module in this course will take you through a particular topic related to pregnancy, birth or the fourth trimester. Take your time. I recommend watching the intro video first before each section as it will be an overview and give you perspective. At the end of each section, feel free to print out the review and notes page for that section to journal your thoughts from reading it as well as to take down some of the choices you are creating as you go.

If you feel overwhelmed, unsure, excited or you just need some extra support we are here for you. Once you join us in our Facebook group you have access to myself and many others on the same journey who will have questions too!

So excited to hear and see how the journey goes for you! We are pumped about your conscious choices taking you through a blissful birth!!!