

3 KEY STRATEGIES TO GET THE BIRTH YOU WANT



HOW TO NURTURE AND NOURISH YOUR BODY AND SOUL SO YOU CAN
SET YOURSELF UP FOR THE HAPPY AND HEALTHY BIRTH OF YOUR DREAMS



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BREASTFEEDING ADVOCATE.
DOULA. ASPIRING MIDWIFE. HOLISTIC MAMA.

A Note from Becky...

Hi there! I'm so glad you decided to invest in yourself and your baby and gain access to Nurtured Mommy's valuable multimedia system. This is one of the most basic yet powerful systems you can use to prepare yourself during your pregnancy and maximize your chances of having the birth you want. But that's just it... you have to USE it!

You'll notice that some of the steps in The Nurtured Mommy's Accelerated Action Guide may come very easily to you, while others will require you to get serious and devote yourself for a week or longer before you can check them off your list of things to do. You may need to re-visit some of the more simple steps on a daily basis for them to be effective. Make sure to keep your guide somewhere that will help you remember to check in with it regularly and motivate you to stay on track.

My recommendation is that you print multiple copies of some of the handouts – the chart on prioritizing your health, in particular – and use the information in this system to make yourself a plan for each remaining week of your pregnancy, even if you fly through all of the action steps quickly. You can include meals, exercise, daily affirmations, and anything else that you decide works for you from this guide. While I can't promise you that there won't be any unforeseen complications, interventions, or disappointments, I can tell you that the steps in my system have made a difference to other Nurtured Mommies before you and you won't regret listening in and taking action.

Now, are you ready to nurture and nourish your body and soul so you can set yourself up for the happy and healthy birth of your dreams? Well, if the answer is yes, then grab a pen and paper and get comfy so you can soak up all the juicy info I have to share!

Wishing you a healthy, peaceful, empowering birth,



Becky Gerson, CD(DONA)

Creator of Nurtured Mommy. Pregnancy mentor. Birth educator.
Breastfeeding advocate. Doula. Aspiring midwife. Holistic mama.



Ready to look for the doctor or midwife who is right for you? Taking that first step is always the hardest...

Contact a few birth doulas in your area and ask them for recommendations of care providers **that they LOVE working with when they have clients planning a healthy, natural, empowering birth.** A good place to start your search for doulas is www.dona.org. Make sure you let the doulas you speak with know that you will keep their contact info handy for if you decide to have a doula at your birth.

Doula's Name:	Doula's Name:
Phone:	Phone:
Email:	Email:
Website:	Website:
Care Providers She Recommends:	Care Providers She Recommends:
Notes (how you felt about this doula, or anything else you feel like jotting down):	Notes (how you felt about this doula, or anything else you feel like jotting down):

Remember, once you find the care provider who's right for you...

You can expect to feel respected. You can expect to feel safe. You can expect to feel like you're the one in charge of your body and your baby. You can expect to feel nurtured and empowered. You can even expect to feel good about your choices whether or not it goes exactly the way you imagine your dream birth playing out.



Quiz:

Find out what your instincts are telling you.

Challenge: Trust them.

If you already have a care provider you are seeing, this is the quiz for you! Grab your pen & circle Yes or No for each question as you go. For this to be an effective tool, you really must record your *initial gut reaction*.

- Does my doctor/midwife **believe in me** and is he/she **positive about my choice** to plan a natural, empowering birth?

Yes

No

- Am I at all **afraid** that this person is going to exert power or control over me and push me to agree to any **unnecessary** interventions?

Yes

No

- Do I **trust** this person to appropriately care for me and my baby if an emergency situation were to arise?

Yes

No

- Do I **instinctively** feel that this person is meant to be my safety net at my birth?

Yes

No



Challenge:

Prioritize your health.

Use this chart on a daily basis to help you stay on track, or just use it once or twice a week to check in with yourself. Make sure you remember to list your proteins, including the approximate amounts, as well as your servings of greens.

Date & day of the week	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	
Exercise & Amount	
Pelvic Rocks	
Water (✓✓✓...)	
Supplements	



Becky's Affirmations for the Nurtured Mommy

Make sure to print 2 copies of this so you can cut one up and place the affirmations around your living space. Keep the second copy next to your bed and read through the list and let the affirmations sink in every night before bed, and again if you wake up in the middle of the night and have trouble falling back to sleep. You might want to keep a book light next to your bed. ☺

My body was made to nurture and nourish this baby.

My body knows just what to do.

I can trust my body.

My body and my baby are working together.

By taking care of myself I am taking care of my baby.

I can trust my instincts.

I can trust birth.

I can trust my safety net (my care provider).

I am doing everything in my power to support my body and trust my instincts, the rest is out of my hands.

I can let go of my fears.

I can handle labor.

I am ready.

I am ready for labor.

I am ready to birth this baby.

I am ready to be a mom.

I am ready to handle whatever comes my way.

I am ready to ride each contraction like a wave, that will gradually grow in intensity, then mellow out.

I am ready to welcome each contraction with a slow deep breath... in through my nose, and out through my mouth.

I am ready to melt into each contraction as it grows, reaches a peak, and mellows out.

I am ready to let myself relax and melt even deeper as each contraction goes away.

I am not afraid of labor.

I am not afraid of pushing.

I am going to trust my body and wait for the reflex that tells me I must push now.

I am ready to greet my baby.

I am ready to be a mom, in the full sense of the word.

I am not perfect. I can never be perfect. I don't need to be perfect.

I can trust my instincts.

I can trust my instincts during my pregnancy.

I can trust my instincts during labor.

I can trust my instincts with my baby.

**My baby only knows me as his / her mom, and I will be this
baby's world.**

It is ok to feel overwhelmed. I acknowledge it, and let it go.

Fear and doubt are not truth.

**There is only room for love, peace, and strength within my
body.**

There is only room for love, peace, and strength in my mind.

I am ready to let the fear go.

I am ready to let the doubt go.

**Nothing is as important as the work that brings a new soul
into this world.**

I am ready to embrace the work that is labor.

I am ready to surrender to the waves of labor.

I am ready to accept loving and nurturing support.

I am ready to love and nurture myself.

I am ready to love and nurture my baby.

I am a mama bear.

I am a birth goddess.

I am a birth warrior.

Anything worth doing has its challenges.

**I am ready to meet each challenge as a mom with grace,
strength, and love.**



The Nurtured Mommy's Accelerated Action Guide

Recording #1

- Action Step #1:** Feel really, really good about my choice of care provider.
- Action Step #2:** Talk to a few doulas and then decide if I'd like to have a doula at my birth. If not, consider looking into Becky's phone-doula package.
- Action Step #3:** Seriously evaluate who I'm comfortable having at my birth, and have an honest conversation with anyone I need to talk to about this. (See page 18 of the transcript for recording #1 for tips on how to handle this conversation.)

Recording #2

- Action Step #1:** Go for a walk every day this week – build that habit! Remember, I need to do at least 10 minutes, but my goal is to work up to walking 3 miles at a time, comfortably, by the end of my pregnancy. Check a box below each time I walk or exercise this week.

Action Step #2: Make a point to relax. Practice my slow deep breathing, in my Epsom salt bath or in bed, every night this week. Remember, I'm committing to doing an absolute minimum of 3 very slow deep breaths, but my goal is to make this kind of breathing become second nature to me even when I'm feeling tense or stressed. Check a box here each night I practice my slow, deep, relaxed breathing.

Action Step #3: Add more greens to my diet and make a point to get enough protein. Choose more nutrient rich foods and less processed foods.

BONUS Action Step: Pelvic rocks. And avoid reclining!

BONUS TIP: Sit on a birth ball at your computer or in front of the TV – you can even order one with a little stand to keep you still while you hang out!

Recording #3

Action Step #1: Part 1: Look into childbirth classes, and choose an instructor whose philosophy and the technique she teaches really resonate with me. If I don't find someone in my area, consider speaking to Becky about her private classes.

Part 2: Get my hands on some more empowering, high-content books, like The Birth Partner by Penny Simkin, Spiritual Midwifery by Ina May Gaskin, and The Thinking Woman's Guide to Childbirth by Henci Goer.

Action Step #2: Post my affirmations that resonate with me around my

personal space, and place a copy of Becky's Affirmations for the Nurtured Mommy on my nightstand. Read through the list, slowly, every night for one week. Check a box here each time I read through the complete list this week.

- Action Step #3:** Practice my deep, guttural, opening vocalizations, and any visualizations that resonate with me. Talk to my birth partner about these and how he or she can help me use them during labor (or practice with me during my pregnancy).

