

Is it normal to have mixed feelings about my pregnancy?

Yes, absolutely. Pregnancy can bring a lot of mixed emotions, from excitement to anxiety, joy to fear. It's important to acknowledge and honour these feelings rather than feel pressured to only feel "happy" or "excited." Many people experience ups and downs, and I'm here to support you through them. Whether it's addressing your concerns about the future, adjusting to physical changes, or worrying about the birth, I'm available to talk through these emotions and help you process them in a healthy, supportive way.







Baby's first movements, called quickening, typically happen between 18 and 25 weeks for first-time pregnancies, though some people may feel it earlier or later. Early movements may feel like little flutters or bubbles. As your pregnancy progresses, you'll start to feel stronger kicks and rolls. If you haven't felt anything by 25 weeks, it's a good idea to mention it to your healthcare

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provider.



QUESTION>>>>>>>>

What are normal pregnancy symptoms, and when should I be concerned?

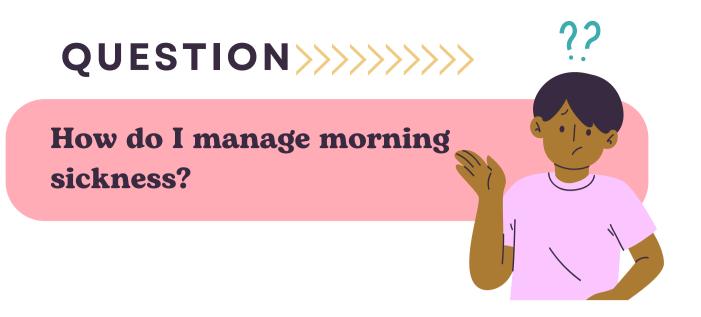
Common pregnancy symptoms include **morning sickness**, **fatigue**, **frequent urination**, **and swelling**. These symptoms are typically a normal part of pregnancy and can vary greatly from person to person.

However, it's important to note that not experiencing any symptoms does not mean your pregnancy isn't "normal." Many people have healthy pregnancies without significant symptoms, especially in the early stages. That said, if you experience any severe cramping, heavy bleeding, severe headaches, or swelling of hands and feet, these could be signs of complications such as preeclampsia, and you should seek medical attention.

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To help ease the discomfort, try the following tips:

• Start your day with a small snack right after waking up, such as crackers (like saltines or Ritz), which can help settle your stomach.

>>>>>>ANSWER

- **Stay hydrated** by sipping on water, herbal teas, or clear broths throughout the day to prevent dehydration.
- **Essential oils** such as lemon or orange may help relieve nausea. Simply sniffing these oils when you feel a wave of sickness coming on can be effective. You can even carry a small vial of the oil with you for quick relief throughout the day.







QUESTION>>>>>>>>

Should I expect heartburn during pregnancy, and how can I manage it?

Heartburn can happen during pregnancy, especially in the second and third trimesters, due to hormonal changes and the growing uterus pressing on your stomach. To manage heartburn:

- **Eat smaller meals** more frequently.
- Avoid spicy, fatty, or acidic foods that may trigger heartburn.
- **Drink ginger tea or eat bland foods** like crackers to soothe your stomach.
- Sleep with your upper body elevated to prevent stomach acid from rising.





QUESTION>>>>>>>>>>

How can a Full Spectrum Doula help me with my pregnancy journey?

As a Full Spectrum Doula, I provide a range of services tailored to your specific needs during this transformative time. Here's how I can support you:

- 1. Emotional Support: Pregnancy can be a time of emotional highs and lows. I offer a safe space for you to express your feelings, answer your questions, and navigate any fears or uncertainties that may arise. I'm here to listen and guide you through both the exciting and challenging moments.
- **2. Education:** I provide you with accurate, evidence-based information to help you make informed decisions about your pregnancy. Whether you're navigating prenatal care options, nutrition, or preparing for postpartum, I can guide you through each phase of your pregnancy and ensure you feel empowered with the knowledge you need.





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How can a Full Spectrum Doula help me with my pregnancy journey?

- **3. Practical Support:** I help you navigate any physical discomforts of pregnancy, such as back pain or fatigue, and offer tips for managing common symptoms. Additionally, I can suggest safe, effective comfort measures, relaxation techniques, and tips for optimizing your health and wellness throughout your pregnancy.
- **4. Advocacy:** I can assist in helping you communicate your needs with your healthcare providers, ensuring that you're getting the care and support you deserve. Whether it's understanding your options for prenatal testing or discussing preferences for your birth plan, I help you advocate for yourself and your pregnancy.
- **5. Partner Support:** I can also guide your partner, helping them understand how to best support you during pregnancy. From offering relaxation techniques to ensuring they're actively involved in the process, I can help them be the supportive partner you need during this journey.





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How can a Full Spectrum Doula help me with my pregnancy journey?

6. Preparation for Birth and Postpartum: Although my primary role is during pregnancy, I can begin helping you prepare for birth and postpartum. We can discuss your hopes and preferences for labor, create a postpartum care plan, and ensure you feel fully supported when your baby arrives.

Overall, I'm here to walk alongside you throughout your pregnancy, offering guidance, support, and reassurance so you can enjoy this incredible journey with confidence and peace of mind.

