

BIRTH PREP GUIDE

Simple things to consider when preparing for a new addition

TAKE CARE OF YOUR PHYSICAL & MENTAL HEALTH



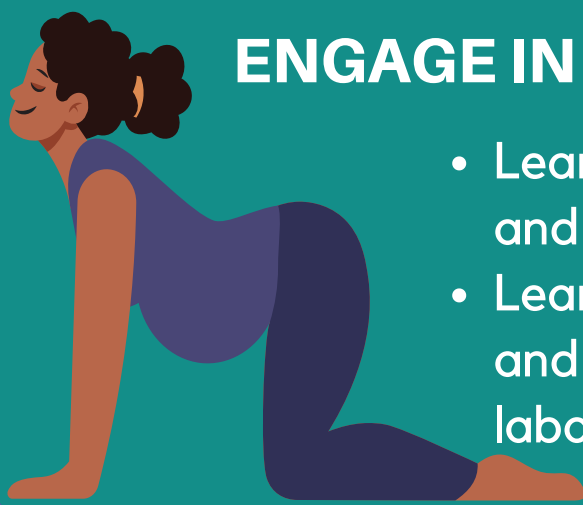
- Sleep
- Nutrition
- Exercise
- Self-care
- Process prior birth experiences

KNOW YOUR OPTIONS



- Take a birth prep class that goes through all of the options for your birth experience
- Know your options to feel more in control and involved in your birth

ENGAGE IN PURPOSEFUL MOVEMENT



- Learn exercises to help alleviate pain and discomfort during pregnancy
- Learn movements to help labor progress and decrease pain and discomfort during labor and delivery

GIVE YOURSELF GRACE



This is a time of great change and challenge, physically and emotionally. Find time to enjoy the things you love and be patient with yourself.



LILAC PHYSICAL

Looking for more support?
Schedule a consultation at
www.lilacpt.com