Welcome, Mama

Your Pregnancy Guide

Knowing yourself, trusting yourself and coming back to instinct is the path of birth.

HSM
HAPPY SOUL MAMA

Welcome, Mama

Whether you've just found out or you're counting down the weeks, I'm so glad you're here. This is a time of huge change, and you don't have to navigate it alone.

THINGS TO KNOW

This is your journey. There's no right way to be pregnant. Your experience is allowed to look different from anyone else's.

Your body is changing every day: growing, softening and making space for your baby.

Discomforts are common. Tiredness, aches, nausea and heartburn are often part of pregnancy. Gentle movement, rest and good support make a real difference.

Digestion slows down. Eat little and often, choose warm and nourishing food, drink plenty of water and keep moving gently.

You're growing too. Pregnancy is a time of learning about birth, your body and the parent you're becoming.

You can feel empowered. Understanding your options helps you make choices that feel right for you.

Your instinct matters. You know your body and your baby. If something doesn't feel right, always call your midwife.

With warmth,
Emily x

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TRIMESTER BY TRIMESTER

FIRST TRIMESTER (UP TO 12 WEEKS)

Rest as much as you need; tiredness is real. Small, frequent snacks can ease nausea. Ask your midwife or GP about folic acid and vitamin D, and book your first midwife appointment early. Be gentle with yourself.

SECOND TRIMESTER (13 TO 27 WEEKS)

Energy often returns. A lovely time to start pregnancy yoga, meet other mamas-to-be and keep moving gently. You may feel your baby's first movements. Start learning about birth and your options, and think about the support you'd like.

THIRD TRIMESTER (28 WEEKS TO BIRTH)

Slow down and rest more. Get to know your baby's pattern of movements, and if they slow down or change, call your maternity unit straight away. Practise your breath, movement and relaxation, make your birth plan, try perineal massage from 34 weeks and have your bag packed by 36 weeks.

THROUGHOUT

Move every day · Eat warm, nourishing food · Drink plenty of water · Rest without guilt · Ask questions at every appointment · Trust yourself

COMMON DISCOMFORTS & WHAT HELPS

Your body is doing incredible work, and some discomfort is a normal part of that. There's lots you can do to feel more comfortable. Here's what I share with the mamas I support.

NAUSEA
Little and often is your friend: plain crackers by the bed, ginger, fresh air and rest. If you can't keep food or fluids down, call your midwife or GP.

HEARTBURN
Smaller meals eaten slowly, staying upright after eating and an extra pillow at night. Your pharmacist can suggest pregnancy-safe remedies.

BACK & PELVIC ACHES
Keep moving gently. Pregnancy yoga, cat and cow, hip circles on your ball and a warm (not hot) bath can ease so much. If walking or turning in bed hurts, ask your midwife about a physio referral.

DIGESTION
Warm food, water, fibre and gentle daily movement all help keep things moving.

SWOLLEN FEET
Feet up, gentle walks and plenty of water. Sudden swelling of your face, hands or feet, especially with a headache, needs a call to your midwife straight away.

Trust what your body is telling you, and ask for support whenever you need it.

Pregnancy

SLEEP & REST

Sleep benefits everything. So much healing and repair happens overnight, for you and your baby. And even when sleep doesn't come easily, rest is still good. Lying down, closing your eyes and softening all count.

HOW TO SETTLE

Try sleeping on your side, with a pillow between your knees and one under your bump. From 28 weeks, always go to sleep on your side.
A firm mattress, where you're able, helps support your back and hips.

IF NIGHTS FEEL TOUGH

Play with your evening routine and notice what helps:
Stretch out your calves before bed
Dim the lights and slow things down
A calming scent you love, or a few drops of a pregnancy-safe essential oil
Listen to a relaxation track as you drift off

Relaxation tracks are a lovely way to get to know yourself: to allow, invite and understand how your body releases and relaxes. It's the same practice you'll come back to in labour.

CRAMPS OR SENSATIONS WAKING YOU?

Stretch your calves before bed, and try electrolytes in the evening. If cramps are frequent or one leg is painful, swollen or red, speak to your midwife.

Listen to my relaxation tracks in the Doula Hub.

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A SIMPLE DAILY PRACTICE

Ten minutes a day is enough. Make it a little ritual: the same spot, a cushion, a candle.

ARRIVE (1 MINUTE)
Sit comfortably. Place a hand on your belly and notice how you feel today.

BREATHE (2 MINUTES)
Breathe in through your nose and let the out-breath be longer and softer. Drop your shoulders and soften your jaw.

MOVE (3 MINUTES)
Cat and cow on all fours · Hip circles on your birth ball · Gentle pelvic tilts. Move slowly and follow what feels good.

PELVIC FLOOR (1 MINUTE)
Gently squeeze and lift, then fully let go. Practise a few slow, then a few quick. The letting go matters as much as the lift.

REST (3 MINUTES)
Lie on your side with a pillow between your knees. Breathe, rest and take a moment to connect with your baby.

Practise with me in class or in the Doula Hub.

QUESTIONS & BRAIN

Your appointments are your time. Write your questions down and take them with you.

QUESTIONS TO ASK
How are my baby and I doing?
What do these results mean for me?
What are my options for where to give birth?
What happens next, and when?
Who can I contact between appointments?
Is there anything I should look out for?

BRAIN, WHEN A DECISION COMES UP
B Benefits: what are the benefits?
R Risks: what are the risks?
A Alternatives: what else could we do?
I Instinct: what does my gut tell me?
N Nothing: what if we wait, or do nothing for now?

You can always ask for time to think and talk it over. If you don't know your options, you don't have any.

WHEN TO CALL YOUR MIDWIFE

You are never wasting anyone's time. If you're unsure, call.

CALL YOUR MIDWIFE OR MATERNITY UNIT STRAIGHT AWAY IF
Your baby is moving less, or their pattern of movements changes. Don't wait until the next day.
You have any bleeding from your vagina.
Your waters break, or you notice fluid leaking.
You have a severe headache, blurred vision or flashing lights.
You notice sudden swelling of your face, hands or feet.
You have severe or constant tummy pain.
You have a high temperature or feel very unwell.
You have itching, especially on your hands and feet.
You have regular tightenings or contractions before 37 weeks.
Something just doesn't feel right.

IN AN EMERGENCY, CALL 999.

My maternity unit number:
_____

MY RECOMMENDATIONS

JOIN A PREGNANCY YOGA CLASS
Move, breathe and rest, and meet other mamas-to-be going through it too.

GET A DOULA
Continuous, familiar support through pregnancy, birth and beyond.

TRUST YOURSELF
Take in information, then come back to how you feel. You know more than you think.

TAKE CARE WITH NUTRITION
Warm, nourishing meals, plenty of water and regular snacks, maybe more than you think. Take a good-quality prenatal vitamin every day; I recommend Wild Nutrition.

READ THE POSITIVE BIRTH BOOK BY MILLI HILL
Balanced, empowering and practical.

WHERE TO NEXT?
Download the Happy Soul Mama Guide · Explore the Doula Hub · Book a yoga class or doula support at happysoulmama.com

With love,
Emily x

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CONTINUE YOUR JOURNEY

When you're ready to go deeper, here's how I can support you.

PREGNANCY YOGA VIDEO PACKAGE
Practise at home with my pregnancy yoga, breath and relaxation videos, whenever suits you.
Buy the video package → [ADD LINK: video package]

THE FULL ANTENATAL GUIDE
Everything I share with my doula clients, from understanding birth and planning your choices to labour tools and the fourth trimester.
Download the full guide (PDF) → [ADD LINK: guide download]

DOULA SUPPORT
Continuous, familiar support through pregnancy, birth and beyond.
Chat to me about doula support → [ADD LINK: doula page]

COMING SOON
Connected Birth: my online hypnobirthing course.

With love,
Emily x

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