



Fertility Coaching

- Healthy mindset for fertility and pregnancy
 - Journaling, affirmations, meditation
- Relaxation techniques
 - Aromatherapy
 - Controlled breathing
- Food for fertility
- Symptom tracking (calendar)
- Cycle and ovulation tracking (calendar)
- Supplements and herbs for fertility
- Aligning the chakras for fertility
- Detoxification
- Necessary blood work for successful fertility
- Health of your partner
- Sleep quality and how it influences fertility
- Stress management for fertility
- Coping w/ trauma and grief for fertility
 - Tapping
 - Journaling
 - Grounding for fertility
- Gut health / healing the gut / supporting the gut
- Medicinal herbs, foods, and juices for fertility

Implantation

- Things to avoid for healthy implantation
- Lifestyle factors that influence implantation
- What to do during the 2 week wait
- Traditional Chinese medicine for fertility

Pregnancy

- Map the timeline of your pregnancy. Client receives a calendar method of planning for upcoming events.
- Plan out each month and each season throughout pregnancy and how it affects your body.
 - What major life events are upcoming
 - Immediate financial plans
 - Stressors / life's situations

Guided Exercises Throughout Pregnancy

- Writing intentions for each trimester of pregnancy. Pair w/ affirmations of how you want each season to look and feel like.
- What are ways you can make the baby feel more comfortable about coming into this world? Ways to tell your baby that it is safe and ok for them.
- What are your top triggers that can affect your pregnancy? Is it stress, cravings, bad diet choices, exposure to toxins in your environment you can't control, workplace scenarios, health challenges (physical, mental, medications, poor sleep).
- Create your birth plan. Set intentions of how you want your birth to be.
- Hospital bag essentials
- Baby shower items that are toxin and plastic free
- Nutrition for each trimester (calendar)
- Pre-recorded meditations/hypnobirthing methods.
- How to build confidence that your body knows what it needs to do. Ways to eliminate fear. Hz for fear.
- What things are important to avoid during pregnancy
- Stretches for pregnancy
- Walking exercises for health / sunlight / fresh air

Post Partum

- PP depression signs and symptoms, how to address it
- Breast feeding
- Breast massage / milk production tips / foods for it
- Binaural beats for baby
- Food stages for baby
- Natural cleaning and hygiene for baby
- Mentally stimulating activities for baby (timeline)
- Cleansing the energy in the home
- Baby massage
- Useful household items for babies



Early Adolescence Topic Areas

What are the most important things you feel like as a parent you need to teach your baby.

Stages of learning (calendar)

Local activities and socialization for toddler

Homeschooling research (optional)

Food education for kids - eating healthy starts when young

Healthy habits for kids

Foods for the developing brain

Affirmations for toddler

Healthy sensory DIY's