



Know Before You Go

Preparing for Your Upcoming Happy Mama Appointment

We are looking forward to supporting you. Each visit is designed to meet you where you are and provide guidance, education, and space to ask questions.

Here is how to prepare:

❖ **Arrive 10 Minutes Early**

Please plan to arrive 10 minutes early, whether your visit is in person or virtual. This allows you to:

- ✓ Get settled and ready
- ✓ Start on time without interruption
- ✓ Prepare your space and materials

For virtual visits, this is especially helpful to check your internet connection, camera, and audio.

❖ **Create a Safe and Respectful Space**

To support both your experience and others in the session:

- ✓ Keep your **camera on** so we can guide you during practice
- ✓ Keep your **audio muted** unless speaking
- ✓ Keep doors closed to reduce background noise and prevent interruptions

❖ **Keep It Confidential**

We ask that you honor this as a confidential space.

What is shared during the appointment stays within the appointment.

- ✓ Consider using headphones or earbuds if attending virtually.

❖ **Choose a Comfortable Setup**

You do not need any special materials for this appointment.

We recommend:

- ✓ Sitting in a comfortable chair or supported space (make sure your lower back is well supported)
- ✓ Having the option to shift positions as needed

If you have a birth ball, you are welcome to sit on it as an alternative.

❖ **Bring Your Questions**

This is your time. You do not need to prepare anything formal, but you may find it helpful to have questions or topics in mind.



❖ **Stay Hydrated**

Have water nearby so you can stay comfortable throughout the session.

❖ **Invite Your Support Person (*Optional*)**

Partners or support people are welcome to join so they can learn alongside you. Please notify our office prior to your appointment that your partner will attend.

Partners will be allowed to join 30-minutes after the start of the appointment. Your doula will make an announcement inviting participation.

Partners who join prior to this time will be asked to step away for 30minutes.

❖ ***Be Open to the Experience***

Each visit may include conversation, education, and guidance tailored to your needs.

There is no pressure. Come as you are.

❖ **We Are Here to Support You**

Whether you are early in pregnancy, preparing for birth, or in your postpartum period, we are here to support you every step of the way.

👏 ***You Are Doing Great!*** 👏

Your journey matters, and we are honored to be part of it.

See you soon, Mama