




TOTAL MATERNAL SUPPORT

1 Corinthians 16:14

TMS CLIENT *Resource Guide*

This guide is divided into three sections and is an intentional resource through the childbearing year and postpartum.

1

Pregnancy

Set your intentions for pregnancy and birth preparation.

2

Birth

Identify your personal birth philosophy and explore birth options.

3

Postpartum

Anticipate the joys and challenges of postpartum.