



# Womb Parenting

means preparing in full awareness physically, mentally and spiritually to invite a soul into the world.

As we learn more about life before birth, there is a greater understanding that conscious parenting begins before conception and it is vital as the baby grows in the womb.

Many studies have proven that:

1. from pre-conception, the experience in the womb shapes the brain and lays the ground for personality, emotional temperament and higher intelligence.
2. babies in the womb are alert, aware, and attentive to activities involving voice, touch, and music.
3. babies benefit from these activities by the stronger relationships created between parents and babies, resulting in better birthing experiences and easier attachment.
4. these babies tend to show superior development of speech, fine and gross motor performance, higher emotional intelligence, and higher thinking skills.

## How Can I Prepare for Conscious Conception and Womb Parenting?

1. Take the Body, Mind and Spirit self-assessment inventory inside.
2. Put a checkmark next to each item you feel the answer is a strong "YES".
3. Develop your Personal Plan of Action.
4. Call for a 30-minute FREE consultation and get the tools that will support you on your journey to Womb Parenting.



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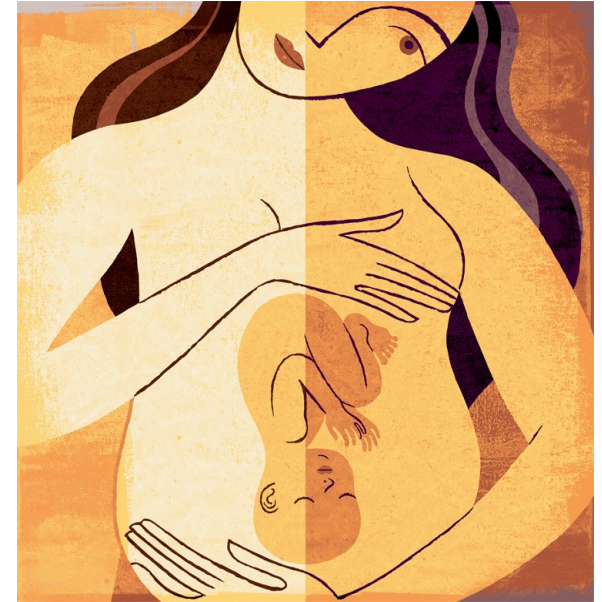
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# Road Map to Womb



# Parenting

Awareness

Education

Personal Responsibility

Creative Action

**The Peaceful Birth Project**

Peace on Earth Begins with Birth

## My Physical Body

I understand my fertility cycle.

I manage stress well.

Chronic stress can lower fertility rates for both women and men. Stress hormones pass to your baby in the womb affecting her/his development.

I eat a balanced healthy diet.

More than 80% of Americans do not.

I supplement my diet with high quality bioavailable supplements.

Most men and women are missing essential nutrients important for fertility health such as antioxidants.

My diet provides essential fatty acids and folic acid to protect my future baby's development.

By the time most women discover they are pregnant, the baby's internal organs, brain and spinal cord are already developing.

I exercise regularly in a way that benefits my fertility.

No exercise or too strenuous exercise can affect fertility in both men and women.

I avoid toxic and harmful chemicals in my body and my environment.

My partner and I do not smoke.

Paternal prenatal smoking has been linked to childhood cancers.

We do not drink or do drugs.

## My Mind

I feel ready to be a parent.

I trust my body.

I am confident about my ability to parent my child.

I have support to balance parenthood, career, relationships and self-care.

I have emotional support available to me.

My partner and I communicate openly with each other.

I am aware of how underlying fears can affect fertility.

I have the financial resources to start a family.

I am willing to make changes to become a healthy parent.

Our children give us the opportunity to transcend our past.



## My Spirit

I surround myself with positive people.

I surround myself with positive images, words and sounds.

I trust my intuition as my inner compass.

I have a spiritual practice that nurtures my soul.

I know how to bond with my child before conception.

I know how to bond with the baby in my womb.

The baby in my womb is more than physical matter.



A child who experiences prenatal bonding has a better chance of coming into the world with an innate sense of being loved and wanted.