

# Second Trimester Guidance: Preparing for a Natural Birth

*You've crossed the threshold into the heart of your pregnancy. This is the season where energy returns, your belly grows, and your connection with your baby begins to deepen. It is time to **embody** this experience—physically, emotionally, and spiritually.*

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## **Body: Strengthening, Softening & Supporting the Growing Life Within**

The second trimester is a time of **increased energy, growth, and integration**. Now is when you begin to actively prepare your body to carry and birth with trust and confidence.

### **1. Support the Expanding Body**

- Prioritize **balanced movement** and **pelvic alignment** to reduce discomfort and prepare for birth:
  - Prenatal yoga or **functional movement**
  - Daily walking (15–30 minutes)
  - **Pelvis-opening postures** (like squats, cat-cow, gentle hip circles)
  - Gentle **strengthening** for back, legs, and core to support your posture and pelvis
- Introduce a **birth ball** (exercise ball) to sit on while working or relaxing—this helps support optimal baby positioning and relieves pressure.

### **2. Gentle Daily Somatic Practice**

- Practice a **daily check-in**: What does my body need today? What sensation is asking to be witnessed?
- Create a ritual: place hands on your belly, breathe into your womb space, and ask: *What are you teaching me today?*

### 3. Hydration & Mineral Intake

- Hydrate consistently and **add trace minerals or a pinch of sea salt** to your water to support blood volume expansion.
- Continue a **whole-food nutrient-rich diet**, now incorporating:
  - Magnesium (for cramping and sleep)
  - Vitamin C (for tissue elasticity and immunity)
  - Collagen or gelatin (for skin and connective tissue)

### 4. Begin Gentle Perineal Awareness

- It's not time for massage yet, but you can begin to **soften your awareness** of the perineum by breathing into the pelvic floor and noticing areas of tension.
- Practice **deep squats** while breathing into the pelvic floor and visualizing opening and release.

### 5. Body Positioning

- Begin practicing **optimal fetal positioning** habits:
    - Avoid long reclining
    - Use forward-leaning postures
    - Learn about baby's position using apps like Spinning Babies or Belly Mapping
    - Consider beginning care with a **Webster-certified chiropractor** if you desire support in alignment and comfort
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## **Mind: Rewiring for Trust, Clarity & Confidence**

This is the **mental anchoring phase**—where your beliefs, thoughts, and stories about birth are being rewritten.

### **1. Anchor Into Your Natural Birth Vision**

- Create your **birth vision board**—use images, words, and colors that help you feel calm, empowered, and prepared.
- Reflect daily: *What does a powerful and peaceful birth feel like to me?*

### **2. Learn with Intention**

- Instead of spiraling into research, begin **intentional education**:
  - Read one empowering book at a time.
  - Listen to 1–2 natural birth stories per week.
  - Watch natural birth videos to normalize the process.
- Suggested Resources:
  - *Birth from Within*
  - *The Positive Birth Book*
  - *Evidence Based Birth Podcast*

### **3. Identify Emotional Triggers or Fears**

- Journal prompt: *What still feels tender or uncertain about birth?*
- Begin working with your doula (that's me!) to bring these gently into the light.
- Reframe fear as an invitation: *What is this fear asking me to prepare for? What do I need to feel safe?*

### **4. Reduce Overwhelm & Over-Planning**

- If you feel pulled to do everything perfectly—pause.

- Ask: *Is this coming from love or fear?*
- You do not need to do more to be ready—you need to **trust more deeply**.

## 5. Partner Connection

- Begin weekly check-ins with your partner: *What are we learning? What are we feeling? How are we growing into parents together?*
- Introduce your partner to birth education that aligns with your goals.

## Spirit: Deepening Intuition & Sacred Connection

This is the sacred season of **connecting with the baby's soul**, stepping more fully into the identity of mother, and aligning your birth team, space, and energy.

### 1. Speak to Your Baby Often

- Greet your baby each morning with a soft “Good morning, I love you.”
- Include your baby in decisions, movements, or walks.
  - “Let’s go outside for some fresh air, sweet one.”

### 2. Expand Your Birth Altar

- Add a stone for strength, a feather for surrender, or a small item from your mother or grandmother.
- Include a photo or item that symbolizes who you are becoming.

### 3. Create a Sacred Practice for Trust

- Begin a **weekly ritual** (ex: every Sunday evening) where you:
  - Reflect on your pregnancy journey so far
  - Light a candle, journal, pray or meditate

- Say the affirmation: *“I trust the unfolding. My body and baby know the way.”*

#### 4. Connect to Your Birth as a Rite of Passage

- Begin exploring the concept of **birth as transformation**:
  - Ask yourself: *What part of me is dissolving? What strength is rising?*
- Write a letter to your future self the night before birth: *“Dear me, here’s what I want you to remember...”*

#### 5. Bless Your Body

- Daily self-anointing practice: massage your belly, hips, and thighs with oil and say a blessing over them.
  - *“You are sacred. You are home. You are strong.”*



### Medical Considerations: Aligning with Your Birth Vision

Now is the ideal time to **refine your care plan** and ensure your provider, team, and decisions are supporting the natural birth you desire.

#### 1. Reassess Your Care Provider

- Is your provider affirming your goals?
- Ask more detailed questions now:
  - “What are your thoughts on natural pain management?”
  - “What percentage of your clients give birth unmedicated?”
  - “How do you support physiological birth?”

#### 2. Decide on Birth Location

- Explore your options:

- Home birth, birth center, hospital (and different hospitals)
- Visit and tour birth locations if available.

### 3. Begin Your Doula Partnership

- Use our time together to begin creating:
  - Birth preferences (not a rigid plan, but a vision)
  - Tools for comfort measures and somatic awareness
  - Partner preparation strategies

### 4. Prepare for 20-Week Anatomy Scan

- Decide if and how you'd like to receive information.
- Practice informed consent:
  - *Do I want to know the sex of the baby?*
  - *Do I want to know every measurement or only what's necessary?*
- Ask: *How will this information affect how I feel?*

### 5. Start Planning Prenatal Education

- Consider enrolling in:
  - Natural birth classes
  - Somatic birth preparation
  - Pelvic floor awareness workshops



### Affirmation for the Second Trimester

*"I am not waiting to become the mother—I already am. Each breath, each choice, each moment brings me closer to birth, and I meet it with trust."*

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