

# Your Ideal Pregnancy Journal

## Goals

One of our biggest goals is to empower expecting mothers to become more informed and involved in the planning of their birth journey. This journal will serve as a guide for you along that route.

## Introduction

Prenatal chiropractic care is not a recipe or a one size fits all approach. As you start to think about your ideal pregnancy, you will most likely get pushback from either a loved one or a provider and you will be presented with advice about what you should do.

Luckily, when you have defined what you want from your birth experience, you will have the confidence and desire to pursue that outcome despite what others may suggest. Research shows that if you carefully plan for your ideal birth by writing down your expectations, you will be much more likely to achieve these desires.

## How to use this journal

This guide is different than a birth plan. A birth plan is an outline of specific action steps that you should complete after using this guide. Our intention with this piece is to encourage you to begin envisioning your labor and delivery. Take a step back and think, draw, and write out what your ideal birth journey looks like.

Along the way you may change your mind, and that is ok. This guide will allow you to explore your options and become more confident in your choices. As part of your care in our office, we would like to help you explore and define your desires, so please bring this with you to your progress exams so we can plot your journey together.

Using this pregnancy journal in combination with our resource guide will help you begin planning what your ideal pregnancy and birth will look like.



## Your Ideal Birth Vision

To begin, please take a few minutes write what your ideal birth looks like.

Where are you when you're delivering? (*Hospital, birthing center, home, etc.*)

In what position will you deliver? (*On your back, squatting, birth ball, kneeling, etc.*)

Who else is in the room during your delivery? (*Spouse, children, family, doula, etc.*)

What is the room setting? (*Music, lighting, smells, sounds, etc.*)

**What are your top three reasons for desiring your ideal birth?**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



## Your Supporting Birth Team

When it comes to birth, you need to start planning your pregnancy with the end in mind. However, you also need to make sure that that you understand that a healthy pregnancy leads to a healthy baby. As you start to think about your ideal birth, you will want to start putting together a birth team that can best help encourage and support you achieve your best pregnancy and birth. It is never too soon to start thinking about your team.

You will want to interview different people to ensure you find the right team that will help support, empower, and hold you accountable so you can have confidence when your labor begins that you have taken the necessary steps to create a healthy pregnancy to achieve your Ideal birth. This team is not exclusive to who will be present during your labor, but should include providers, friends, family that will help you get to that point.

**Please list all *members* of your birth team, and the reason *why* you want their support **you** during your pregnancy and/or delivery.**