

PREGNANCY EBOOK



**A TOOL GUIDE TO FINDING
RELAXATION DURING PREGNANCY
AND THE YEARS BEYOND.**

FELICIA BLUE

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Intro

The Journey of pregnancy, birth and the transition to motherhood is a beautiful experience but it can be a difficult one. I have been a massage therapist and pre/postnatal therapist since 2007 and I have learned to assist with making the experience as comfortable as possible. Combine all the knowledge I know to assist mommy and growing family with creating strength and flexibility within mommy's body, easing growing pain for mommy and baby, helping prep mommy's mind for childbirth, teaching postpartum tools to bond and communicate with baby, and self-care techniques to aid mommy with postpartum care.

Disclaimer

The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition AND THE CONTENTS OF THIS EBOOK BEFORE TRYING THE LATER MENTIONED TOOLS.

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Breathwork & Meditation

If you are thinking of adding other prana practices into your pregnancy exercise, please speak to your healthcare provider to check if these exercises are for you. Once you have the okay wait until you are at least 12-16 weeks along before incorporating a practice.

If you have been diagnosed with any other of the following ailments, it is recommended to not include prana techniques in your birthing practices due to the breathes connections to emotion.

Bipolar, Schizophrenia, acute heart conditions, cardiovascular disease, epilepsy, aneurysms, glaucoma, history of stroke, and the presence of severe psychiatric symptoms.

Breathwork can affect your blood pressure so some breathing techniques can slow down or speed up the blood pressure creating dizziness and more.

We are going to practice deep belly/chest breathing which will create more room and space for comfort and relaxation for you and your baby.



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Breathing Technique

- Developing awareness of your breathing
- Rather than holding your breath take slow steady full breaths
- Don't take deep, quick, forceful breaths
- Just a few relax

Meditation Practice

- Combined with your breathing begin to close your eye and visualize a wave.
- Allow the flow of the wave to synchronize with the flow of your breath.
- With each full inhale pull the wave into shore
- and with each releasing exhale allow the water to drift back out to sea
- Repeat for 5 to 10 mins
- You can also use this exercise to visualize and manifest the birthing experience of your choice.

The Art of Giving Birth: With Chanting, Breathing, and Movement,” by Frederick Leboyer.





PREGNANCY & POST NATAL MASSAGE

Prenatal and postnatal massage helps you to relax and minimize the impact of stress it is a safe and supportive therapy for the tension experienced during pregnancy. Massages are safe for both mom and baby, it promotes relaxation, shorter labor, healthier babies, and reduction of mental, emotional, and physical stressors like sciatica.

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Benefits of Prenatal Massage

- **Hormone Regulation**– massage lowers stress hormones during pregnancy and improves cardiovascular health promotes healthy circulation and reduces muscle tension.
- **Reduction of Swelling**– Massage significantly improves circulation and reduces the collection of fluids that are known to cause swelling in the joints and legs.
- **Improves Sciatic Pain**– The pressure of the uterus spreads tension to the lower back muscles, pelvis, hips, upper and lower legs, ankles, and feet causing swelling and pressure on the sciatic nerve. Massage therapy releases muscle tension in affected areas lowering the inflammation surrounding the nerves.

Massage Benefits

- Reduced back pain
- Reduced joint pain
- Improved circulation
- Reduced edema
- Reduced muscle tension and headaches
- Reduced stress and anxiety
- Improved oxygenation of all tissues
- Better sleep



Baby Massage

Use baby massage to bond with your newborn, help baby with tummy troubles and teething pains, boost muscle development, calm baby when fussy, soothe baby to sleep, and help soothe the aches of growing pains through the years. The message structure discussed is great for the growing pains of children ages newborn to 8 years old

Tips

- Make this a daily routine
- Use edible, unscented, and either a cold-pressed fruit or vegetable oil. Not nut due to the possibility of nut allergies.

Coconut oil small amount

Shea butter

- Pick an area that's comfortable for both of you
- Follow your baby's cues
- Be gentle
- Know when to stop

- Legs and feet. Hold the heel in one hand; with your other hand, start at the top of the thigh and slowly stroke down to the ankle, gently squeezing the leg as you go, Reverse motion returning to the thigh. Use thumb and fingers to massage feet and toes. Massage arms and hands in the same fashion.
- Chest. From the center of the chest with smooth motions and light, pressure draw fingers outward towards the armpit.
- Face. For teething massage in tinny circles on the jaw and even the gums themselves.
- Tummy. With your fingertips, draw an oval in a clockwise motion starting above the baby's belly button moving below the baby's belly button, and back around. (NEVER move counterclockwise, that would be moving against the natural path of digestion causing constipation.)
- For Bloating and constipation bend the baby's knees after belly rub to encourage flow and bowel movements.
- Avoid massage oil on the face
- Avoid massaging the top of the head
- Avoid "deep" massages
- Keep the message short and sweet
- Always stop if the baby shows signs they have had enough
- Avoid massage oils with harsh ingredients: Make sure whatever you use does not have artificial dyes, artificial perfumes, parabens, PEG, or EDTA.
- Be careful picking the baby up after a massage





SELF MASSAGE

Self-Massage Technique

Self-massage is free and allows for you to easily remove muscle tension. You can modify and use these techniques anywhere home, office, or even in your car. Helping to reduce pain, muscle soreness, and swelling, ease anxiety and depression, improves immune function, brings clarity to the mind and emotions, and promotes better sleep. Results are typically rapid when you focus on your problem areas so self-massage is wondering for relief and self-discovery.

- To begin with think love. Offer to yourself and your baby.
- Lightly warm massage oil
- Undress fully. Begin softly massaging the crown of the head and the face. More down to the shoulder, chest, arms, and hands.
- Then work your way down to the breast, abdomen, lower back, and hips.
- Use long, up and down strokes on the long bones of the thighs, calves, and feet
- Allow a minimum of 10 minutes for the oil to soak into the skin. Relax drink water and journal
- Take a nice warm bath or shower.
- After the bath, pat yourself dry don't rub.

AFRICAN BABYWEARING/REBOZO

Rebozo goes around your stomach and hips to provide your body with extra support as your baby grows. Use a scarf or other strong piece of fabric to gently rock the woman's body, bringing relief to the muscles and ligaments around the abdominal and pelvic region. You can wrap the belly to relieve pressure and weight of the baby, or your partner can assist by standing behind and holding the baby's weight themselves

use a natural fiber such as cotton, silk, or linen

rectangle 90" x 30" (2.28m x 76 cm)



PREGNANCY & POST NATAL YOGA

Yoga sessions are customized to your need to address your concerns specifically. We work with poses to relax and reduce stress and the lower back, hips, and legs.

Yoga is to introduce the body to static poses combined with fluid motions that will inspire the occurrence of space and fluidity within the body.

Benefits of Yoga

- Practice breathing techniques
- Practice yoga postures to strength
- Practice breathwork and fluid movements to create space
- Develop a mediation practice to begin framing a positive birth experience.



Warrior 2

Good for feet, arches, hips, and lower back



Tabletop

Most leg variations are great for hips



Tabletop w/ workout ball

Great for shoulders, upper back, and ribs giving more room to breath



Supported Side Plank

Great for obliques, lower back, hips, and legs



Reclined Spinal Twist

Wonderful for lower back, hips, and overall spinal health

HIP ROTATION



Adding exercises to promote healthy hip joints, movement, and flexibility will be of great benefit through the pregnancy journey, the birthing process, and post-birth recovery. Hip rotations soothe aching joints, reduce muscle tension, relieve lower back pain, increase flexibility, help you relax, and, BEST of all, better prepare you for childbirth.

- Sitting on an exercise ball and creating a circular motion one way and then the other
- Butterfly with circles sitting on the floor legs crossed at ankles or soles of feet together with hands-on knees begin to flow in circles with the upper body heart space
- Cat cow on knees or seated on the floor or in a chair on an exhale round through the back bringing chin to chest and forehead towards the baby and on the inhale arch the back opening the heart space and creating room for you to breathe and baby to move
- Yogi squat standing brings feet wider than hips and slowly begins to squat lowering hips down between legs. For support place pillows on the floor between feet.

POST NATAL DIASTASIS RECTI

What is diastasis recti?

- separation of abdomen muscles

How does it happen?

- rectus abdominal muscles are the muscles associated with the "six-pack". They hold in your internal organs and stabilize your core. During pregnancy, the connective tissue joining the two sides of the muscle thins and widens, and this increases the distance between the two sides of the recti muscles. This condition is called diastasis recti and after pregnancy, this separation can remain.

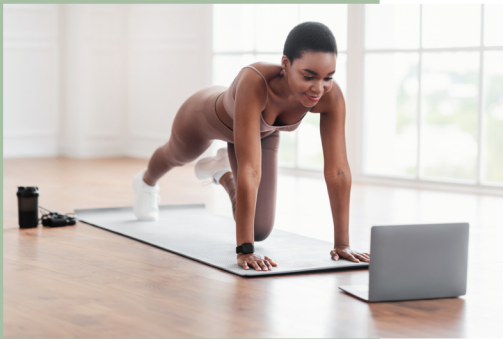
Does it matter if my pregnancy wasn't recent?

- Nope, and it's always a good idea to be gaining core health which will also benefit lower back/spinal health.



Bridge Pose

Strengthens back, glutes, legs, and ankles. It also opens the chest, heart, and hip flexors



Plank w/ knee to chest

bring one knee to chest hold
straighten leg then switch legs
Balance and Coordination
Build Core Strength and
Improves Metabolism

Boat Pose

opens the chest and engages the muscles in your core while also strengthening the hip flexors and adductor muscles of the legs



Navasana Pose

This is a great core strengthener. move for lying flat then lifting legs and back off the floor hold for a Few seconds and release

ESSENTIAL OILS



We don't have enough research to say how essential oils affect babies in the womb (uterus). Anything you take into your body may reach your baby and it's possible that traces of the oils can cross the placenta. That's why it's best to be cautious and talk to your doctor or midwife before using essential oils.

However, many mums-to-be find aromatherapy and massage helpful, especially for:

Always dilute the essential oil in a base oil. Grapeseed oil or sweet almond oil work well as base oils. Mix one drop with at least a teaspoon (5ml) of base oil before you smooth it on your skin. Mix three drops with a base oil before adding to your bath.

• Try not to use one particular oil for a long period, such as every day for several weeks.

• You can add drops of the oil to a vaporizer, but don't leave it on for longer than 10 minutes or 15 minutes in each hour.

- Nausea
- Backache
- Swollen ankles
- Anxiety
- You have a history of miscarriage.
- You have had any vaginal bleeding in this pregnancy.
- You have epilepsy.
- You have heart problems.
- You have diabetes, blood clotting problems, thyroid, liver, or kidney disease.
- You are taking antibiotics or antihistamines, as the oils may interfere with the way the medicines work.

- Bergamot, tangerine
- Grapefruit, lemon, and orange. Citrus oils are wonderful for lifting spirits and creating a feeling of happiness. Your client should avoid direct sunlight on the skin for 12 hours after a massage with these oils, as all of them except sweet orange are phototoxic.
- Lavender. The calming properties of lavender are well-known. This oil will help a pregnant client feel relaxed and balanced.
- Neroli. This oil can assist with pain relief and anxiety and helps promote skin-cell regeneration.
- Patchouli. Grounding and relaxing, this oil also benefits the skin.
- Sandalwood. A natural sedative and antidepressant that helps with sleep.
- Vetiver. Like sandalwood and patchouli, this earthy root oil is grounding and sedative and will help ease feelings of overwhelm and stress.
- Ylang ylang • Blue artemisia

Stay away from

- Camphor
- Hyssop
- Mugwort
- Parsley seed or leaf
- Pennyroyal
- Rue
- Sage
- Savin
- Sassafras
- Spanish sage



HERBS FOR AROMA

Herbs are a great replacement for aroma therapy during pregnancy. You can place herbs in sheer bags and place them around the house for relaxation benefits. You can also boil herbs and it will also give a beautiful aroma.

Herbs that are great to use during pregnancy:

- Lemon balm
- Mint
- Lavender
- Chamomile



TEA

1. Ginger Tea

relieves nausea, heartburn

2. Chamomile Flowers Tea

rich in antioxidants and flavonoids that protect the skin and fight off all infections.

3. Dandelion Leaf Tea

a grassy bitter taste, so add it to another tea to derive its benefits. Great for fluid retention,

4. Peppermint Leaf Tea

Great if you are suffering from morning sickness issues like nausea, heartburn, and vomiting,

5. Lemon Balm Tea

Great for insomnia, anxiety, and restlessness

6. Fennel Tea

Great for increasing the breast milk supply.

BABY SIGN LANGUAGE

Why teach sign language?

Sign language is a great way to bridge the gap of communication between parent and baby. Because baby learns to communicate their needs it cuts down on cry. This practice also starts the baby off with a communication advantage in life learning to safely and confidently communicate themselves.

How to teach baby signs

Teach by doing hand over hand-and with verbal cues.

Example:

When you are going to feed the baby, on approach state why you are here (say milk), show the bottle/breast, and perform a hand sign.



Milk

Begin with just a few signs.



EAT



DRINK



MORE

THANK YOU

If you have received this eBook, I just want to extend a warm congratulation on the addition to your family. I hope you are proud as you have embarked on the journey of parenthood. The pregnancy and birthing process isn't an easy one, but you did it and it's a great gift to the world. I hope the tools and tips will benefit you along your pregnancy journey and the years into parenthood. I want to thank you for allowing me to be a part of your beautiful journey and I wish you peaceful days and restful nights.

Felicia Blue

Wellness Entrepreneur

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