

Weekly Client Check - Ins

Depending on when your clients hire you, it's always helpful to check in with them regularly prior to their baby's birth. We find it helpful and a nice extra caring touch to share resources that address common things they may be dealing with during that particular stage of pregnancy. Here we'll share a few ideas of resources to send when checking in with clients.

Birth Clients:

Weeks 6-8: Remind client of ways to combat morning sickness, share self-care reminders to help them maintain their energy. Send a 1st trimester infographic that shares about the growth/development of their baby. Send a list of common questions to ask their care providers. See if they have any questions about local birth options.

Week 10: Check in with client to see how the first prenatal appointment went. Send resources on CVS (chorionic villus sampling), NT screening (nuchal translucency) and other common prenatal tests. Send gentle reminders to rest and find balance. Send recommendations to your favorite prenatal yoga instructors in your client's area.

Week 12: Encourage adequate hydration and proper nutrition. Send fun nutrition handouts that share all about the vitamins and minerals in different foods. "Eat the rainbow" - colorful fruits & veggies, and healthy protein sources! See if your client needs any referrals to chiropractors, acupuncturists, etc.

Weeks 16-20: Share information about bodily changes and how they can modify for their growing belly. Send links to your favorite pregnancy pillows as sleeping on their side is now recommended. Provide gentle stretching ideas or a link to [these great prenatal yoga videos](#) to help combat round ligament and back pain.

Weeks 21-24: General check-in: how is client feeling now "halfway" through pregnancy. See if they need anything specific from you. Send birth planning documents to get them thinking about their options. Ask if they've booked a childbirth class and offer recommendations if they need it. Remind client that the glucose test is coming soon - encourage plenty of exercise, share information on some options for glucose monitoring if they doesn't want the "orange drink"

Weeks 25-30: Confirm that client has chosen a birth place - do they plan on taking a tour? If so, provide some questions to ask during the tour. Send booking calendar link so they can schedule a prenatal visit soon. Ask if they've chosen their pediatrician yet - offer recommendations if they need them. Send information on red raspberry tea for uterine toning. Share resources for postpartum planning.

Weeks 31-35: Send a hospital packing list and remind them to have their birth bag ready by 34-ish weeks. Offer any personalized recommendations on what to bring for a nice touch. Send

information on eating dates in pregnancy. Encourage them to sit on a yoga ball and circle hips daily, squats daily if they aren't contraindicated. Encourage movement, chiropractic care, etc. if they're into all those things.

Weeks 36-38: Send "when to call your doula" instructions as well as a "labor signs" handout they can post on the fridge. Encourage movement, hydration, meditation, and anything that will help reduce fear and encourage a calm environment. Let client know you're available but won't bombard them with texts/calls. Make sure you have final copy of the birth plan. Discuss options for induction (why it would be indicated, what the "plan" would look like, etc.)

Weeks 39-42: Lots of encouragement especially if past due date. If after 40 weeks send a link to www.haveyouhadthatbabyyet.com for a little humor and that they can send that to family/friends if they're bothered by the frequent check-ins. Keep reminding them of body's wisdom. Encourage connection with partner and baby. Encourage them to plan a "date night" where they get dressed up and go out to dinner, have foreplay/sex, and get their mind off their due date. Send referrals to massage therapists for "induction massage"

Postpartum Clients:

COMING SOON