

Wise Woman Tradition Prenatal Care Flow

Initial Visit or (8-12 weeks): “During the first trimester of pregnancy the primary psychological, emotional, and spiritual task for the mother is incorporating the reality of pregnancy into her psyche.”

Health + History

Birth Vision

Due Date Calculation

Questions

Blood Work + Testing Options

Services + Contracts

Baselines

Connecting or Listening to Baby

Resources: Handout on Nausea + Common Early Pregnancy Complaints + CBE

2nd Visit (12-16 weeks): “Women often begin to feel relief from early pregnancy nausea and more “on their feet” as their blood volume begins to expand. Now is the time to look over a woman’s diet + review nutrition.”

How's Pregnancy going?

Nutrition Basics + Hydration + Discussing Supplements

Palpating the Fundus/Baby

Clinical Assessments (as desired) pulse, bp, measuring, uri strip

Closing Thoughts + Connecting with Baby

“Beginning now all women can be advised to begin to communicate with their baby”

Resources: Dr. Brewer Diet + Blood Volume Expansion Handout

3rd Visit (16-20 weeks): “Encourage Mother’s awareness of fetal movement by asking her how the baby is moving at each appointment.”

Movement + Work/life + Self-care

Talking about Questions + Complaints + Dreams + Sex

Fetal Movement

Nutrition Check-in

Testing Options (if anemia is found, hemoglobin + ferritin could be rechecked)

Palpating the Fundus + Listening to Baby

Clinical Assessments (as desired)

Closing Thoughts + Questions

Resources: Self-care in Pregnancy Handout or other deeper exploration

4th Visit (20-24 weeks):

Initial Postpartum Planning + Who will be at the birth

Talking about Questions + Pregnancy Complaints

Discuss Testing Options including (Antibodies, GD, and Blood Work)

Nutrition Check-in

Palpating the Fundus + Listening to Baby

Clinical Assessments (as desired)

Closing Thoughts + Connecting with Baby

Resources: Postpartum Planning Handout + Books

5th Visit (28 weeks): Quickening pregnancy often marks the beginning of a primary psychological task of pregnancy, the development of her own sense of mothering distinct from her own mother's. Letting go of her life "as it is" to allow for the coming of the baby and all the other changes all mark losses which precipitate the normal grieving process. Much of this new role is worked out in the form of fantasy and day dreaming."

Fears + Emotions + Birth Planning

Birth Supplies

Discuss Testing Options including (Antibodies, GD, and Repeat CBC)

Nutrition Check-in + Physical signs of Blood Volume Expansion

Palpating the Fundus + Listening to Baby

Clinical Assessments (as desired)

Closing Thoughts + Connecting with Baby

Resources: Preparing for Birth + Birth Supplies Handout

6th Visit (30-32 weeks): “Discuss fears about labor, birth, parenting, and relationship changes which may come up strongly now that she is approaching the threshold of labor.”

Discuss Birth Supplies

Emotionally Preparing for Birth

Fear Release Ceremony

Discuss Testing Options including (Antibodies, GD, and Repeat CBC)

Nutrition Check-in

Palpating the Fundus + Listening to Baby

Clinical Assessments (as desired)

Closing Thoughts + Connecting with Baby

Resources: As needed

7th Visit (32-34 weeks): “Discuss fears about labor, birth, parenting, and relationship changes which may come up strongly now that she is approaching the threshold of labor.”

Q + A

Discuss Postpartum Prep + Placenta Birth

Create Herb Bath

Nutrition Check-in

Palpating the Fundus + Listening to Baby

Clinical Assessments (as desired)

Closing Thoughts + Connecting with Baby

Resources: Send Clearing the Path/Transfer Plan Handout

8th Visit (36-38 weeks): House Tour

Q + A

Clearing the Path + Transfer Plan

Home Tour

Discuss What To Do When Labor Begins

Postpartum Choices

Palpating the Fundus + Listening to Baby

Clinical Assessments (as desired)

Closing Thoughts + Connecting with Baby

Resources: Liminality + Walking Between Worlds Handout

9th Visit (40-42 weeks): Beyond the Due Date

Q + A + Feelings + Emotions + Fears + Projects/Activities

Ask about Baby's Movements

Nutrition + Hydration Check-In

Make Food/Get Lunch Together

Discuss What To Do When Labor Begins

Palpating the Fundus + Listening to Baby

Clinical Assessments + Testing Options (as desired) AAT or NST

Closing Thoughts + Connecting with Baby

Resources: Beyond the Due Date Podcast