



PREGANCY & BIRTH COUNSELING



Contents

<u>1</u>	<u>Acknowledgments.....</u>	<u>3</u>
<u>3</u>	<u>Tips for Pregancy.....</u>	<u>3</u>
<u>4</u>	<u>How to have a peacefull pregnancy time.....</u>	<u>4</u>
<u>5</u>	<u>How to avoid the morning sickness.....</u>	<u>5</u>
<u>6</u>	<u>Active Home Birth.....</u>	<u>5</u>
<u>7</u>	<u>Dont't do.....</u>	<u>5</u>
<u>8</u>	<u>Birth Plan.....</u>	<u>6</u>
<u>9</u>	<u>After Birth.....</u>	<u>9</u>
<u>10</u>	<u>Sleeping time.....</u>	<u>9</u>
<u>11</u>	<u>Vaccination.....</u>	<u>9</u>
<u>12</u>	<u>Breastfeeding.....</u>	<u>9</u>
<u>13</u>	<u>Recommended Books.....</u>	<u>10</u>
<u>14</u>	<u>About Sonia.....</u>	<u>12</u>
<u>15</u>	<u>Disclaimer.....</u>	<u>13</u>

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PREGNANCY & BIRTH COUNSELING

Acknowledgments

I would like to dedicate some gratitude words to all the friends and family that gave me straight, courage and support to go forward in the study's of the alternative healing area. To all the walking angels I met on my Path. To my teachers in the area of massage, reiki, yoga, dance, and students who I met with who I learned so much and to the ones I will meet.

To my two daughters that bring light to my life and the pregnancy time of them, that was a profound inner transformation time. To my soul mate and Life Partner for the amazing life experience we are living together and for giving me support in my Life Path.

To the first few future mothers, (one of them, Carly), that ask me to give advice's to them about pregnancy and birth. They inspired me to do this work.

To all of you and to the special ones I mentioned above, it's hard to describe in words the feeling of gratitude that lives in my heart.

Thank you all!

Sonia Indigo

Dear and lovely future Mother,

Congratulations and many blessings for your new baby!

For you to have a peaceful baby, start on the pregnancy time.

How to have a peaceful pregnancy time

Start to meditate morning time for at least 15 min. Help you to attune with the Universe, calm, organize your day and connect with your baby telepathically.

The soul of the baby choose the mother when a woman get pregnant. The soul keeps coming and going until the 5th month. Then comes to stay on the belly from the 5th month on. After that, the will start to feel all your emotions, dream your dreams and think you thoughts. So, its good that you give a good and peaceful environment to him/her. No matter what is going on around you, NOTHING is more important than you ARE in peace. And for that, we need to do our spiritual practice morning time.

Receive Reiki, or learn the I & II level and make Reiki to yourself. This make them much more peaceful, as well as you too. Reiki is a powerful energetic type of healing. I did this in my second baby (she have now almost one year) and she is much more peaceful than Divya.

Do yoga, stay fit for the birth time, you will need!.. Specially if you choose to have a home or hospital, active birth. In the last 4 months of pregnancy climb a lots of stairs, walk and squat a lot, if you go for a home birth.

How to avoid the morning sickness

To avoid the morning sickness, if you wake up in the middle of the night angry, eat some toast and drink a tea. As soon as you wake up morning time and you feel that hole in your stomach, drink a tea, chai, milk coffee or juice, to put something in your stomach. This can avoid that you get sick and vomit. Also the fact that you are truly happy to be pregnant and forward to meet your baby, avoid the vomits morning time.

Active Home Birth

Get informed and consider the chance to go for a natural home birth with no drugs. Get to know a Doula and a midwife, they can counsel you in this subject. I had Nithya (my second baby) like that, and if i had to repeat i will do it all again! Its an AMAZING experience! And the baby don't receive any drugs (epidural or others) This make a big difference on them. And you are in a homely and cozy environment, with people that you trust, please get informed and see videos in YouTube with positive birth story's. See only the positive, happy birth story's, so you get inspired. Please check my YouTube channel (Sonia Indigo), and watch my last video about my testimony the natural home birth. Its only 21 min. Video.

Don't do's

Don't smoke, as it will make you have less milk or even no milk at all for your baby.

Don't intoxicate your baby with alcohol or drugs.

If you do this things, its already a big step to have a peaceful baby.

Its very important that, no matter whats going on around you during the pregnancy time, that you do the possible you can to ensure that you are in peace.

Spiritual Practice

Do your spiritual morning practice:

1. 15 min. Meditate;
2. 5 min pray (book The Violet Flame) or others
3. 15 min reiki to yourself
4. 30 min Positive Affirmations (books i recommend for this: You can Heal Your Life, Louise Hay; A Return to Love, Marianne Williamson; Ask and Its Given, Ester and Jerry Hicks; Real Wealth, Jonathan Robinson).
5. 30 min yoga

... and your life will start to be amazing!!!

With just 1h30 to 2h morning practice you completely atone with the universe and all you need will come to you.

Birth Plan

In case you decide to give birth in a hospital, here an example of the **Birth Plan** you can present to your doctor.

Birth Plan

I am looking forward the birth of my child, and I have written down a few ideas on how I hope my labor will progress:

1. **Support Person** – I would like my husband to be with me throughout the birth.
2. **Positions** – I don't think I want to be restricted to the bed, and would like to use some big pillows and another active birth aids.
3. **Pain Relief** – I hope not to need pethidine or an epidural, although in the event of needing a Cesarean section I would like to have epidural anesthesia so I can be awake for the birth.
4. **Amniotomy** – I would prefer not to have my waters broken artificially.
5. **Episiotomy** - I would prefer to tear naturally than to be cut.
6. **Doctor and Nurses** – I would like to meet the doctors and nurses who will assist in the birth of my child.
7. **Drugs** – I would like to avoid to use any kind of drug to ease the pain or to give birth more fast.
8. **Music** - Can I bring music?
9. **Lights** – I would like the lights be more gentle and not so strong lights.
10. **Labor room** – I would like to see the labor room.
11. **My second daughter/son** – Every time possible I would like to have my daughter/son with us. She is --- year and -- months. We have a person looking after her, but if she cry too much she/he can enter.
12. **Hot water** – I will bring a basin, and would like to have hot water.
13. **Video and photos** - I would like to bring one person to make the birth video and take photos.

After Birth

1. **Cut of the umbilical cord** – I would like the umbilical cord be cut only when it stops pulsating, so I can pass all the oxygen and the nutrients he need until the baby start to breath.
2. **Baby born** - give to my chest for breast feeding in the first half hour, preferentially as soon as the baby born.
3. **Giving birth the placenta** - With the breastfeeding naturally the body releases hormones that makes the uterus contract naturally and deliver the placenta, without any drugs or Pictocin drip. I would like not to have drugs to deliver the placenta more fast.
4. **Baby Bath** – I would like Not give bath to the baby as soon as he/sh born, the vernix that cover its skin protects his skin in the first hours of live.
5. **Baby and Mother** – Keep the baby next to me and **not any any other room**. This applies also in case of cesarean.

Examinations to the baby:

1. **Eyes** – drops of Colirio in the eyes of the baby?
2. Do not do. This is only recommended if the mother has some infectious contagious disease in the vagina, which is not the case.
3. **Nose and throat** - Tubes in nose and throat? To check the organs?
4. Do not do. Only if there is some complaint in the forward days.
5. **Apgar test** – To detect 5 parameter of cardiac frequency, breathing and muscular tonus.
6. Make this tests with the baby in my nap, if possible.

Thank you for your kind attention in attending my requests.

Date, Place,

Your Signature

After Birth

Sleeping time

After the baby born keep **ALWAYS** the baby sleeping WITH YOU, near your body warm (night time, i mean).

Consider to put the mattress on the floor, (after the baby starts to roll over), and sleep all together with your baby.

When she/he wakes up night time you are there, and they don't need to cry in the dark until you reach him. You direct give your breast and they will drink and sleep peaceful, practically without crying. They sleep with the warm of your body, and grow up feeling secure and safe. This makes a big difference in their development. They wake up with the mother or the father just there and is a happy way to wake up, of seeing the baby's morning smile. Its indescribable!

Vaccination

The worldwide controversial discussion about the vaccination plan is a very personal matter. The vaccines option is your own responsibility and personal decision. However we recommend that you get informed about all the vaccines contra indications before you decide to vaccinate your baby.

Breastfeeding

Don't smoke, as it will make you have less milk or even no milk at all for your baby.

The first milk that you will have is the colostrum, a watery transparent milk that have

the most important nutrients and antibodies defenses for your baby.

In the next two or three days after giving birth, your breasts will grow and be plenty of milk and even can be hard like a stone. Don't worry, it will all come to normal, with the breastfeeding of the baby, and if you have a balanced and nourishing diet, and healthy lifestyle, your breasts will produce exactly the milk that your baby needs.

Avoid give any artificial milk to your new baby born, only Your milk!

Drink plenty of thick juices and eat 3 good meals in order to make your milk nourishing for your baby.

Juices like ABC (apple, carrot, beetroot) carrot, grapes, papaya and mango. are the best for you to have always milk for your baby.

Make sure you drink a good thick juice morning, lunch and evening, minimum.

Try to breastfeed for as long as you can, at least, for the first one year. The mother milk have all the vaccines and nutrients that the baby needs.

When you stop breastfeeding, avoid the formulas milk, as they cause several allergies and sickness (get informed before), try to give if possible, pure goat milk or pure cow milk with 50% of water, as the cow milk is too heavy for the human body.

Recommended Books

Books I recommend for the pregnancy time:

Active Birth

Janet Balaskas

This book helps you to understand deeply the nature of the Active Home Birth and what

happens in Hospitals.

The Mother & Baby book

Dr. Carol Cooper

This book is a very good and useful guide for the different stages of you with your baby, specially, during the pregnancy to understand what is going on inside you and with your baby in each trimester of the pregnancy.

Hypnobirthing Breakthrough Approach Comfortable Birthing

This book is also very useful in many ways. Its also connected with the Natural Birth.

In resume, make a favor to you and your baby: Be peaceful, have the loving support of your partner in all of this adventure, Give the most natural way of birth and living to this little baby that is coming to you.

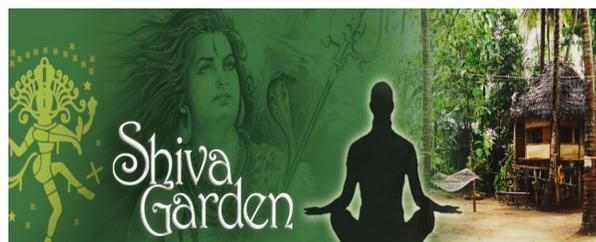
In my blog, <http://oteucaminho.blogspot.in/>, on the left side column, you can find several links related with this subject, that you may find helpful.

Any other question or doubt, right to me.

We wish you Love, Light, Wisdom and Abundance!

Many blessings,

Sonia Indigo & Shiva Garden Home Stay
team



About Sonia Indigo



Sonia Indigo is an internationally known speaker, life coach, yoga & massage teacher, reiki master, medicine woman, astrologer and oriental dancer. 90 % of her clients are women and she develops a work focused on their needs. Astrology and Numerology are part of her life since 1987, Massage since 1997, Yoga since 2004, but it was in the end of 2007 that she had her “Spiritual Awakening” and that was The Change in her life. She is experienced in personal coach with woman's, she developed a method of work specific and direction ed to woman's, even though, works with men's and woman's. Sonia Portuguese and lives in South India, Kerala, Varkala beach, where she manages the courses, activities and therapies area in Shiva Garden Home Stay.

Sonia speaks fluently English, Spanish, French, and Portuguese

Disclaimer

As with all complimentary and alternative therapies, none of the treatments listed on the manuals are meant to be a substitute for proper medical diagnosis, treatment or care from your doctor.

We do not diagnose conditions, prescribe medication or interfere with a doctor's treatment.

The Doula, gives counseling, however, is the total responsibility of the future Mother to take the advice's .

The qualified Massage / Reiki Therapist offers a clear and open disclaimer that massage does not constitute medical treatment in any form, nor is given as a substitute for medical advice or treatment. The ultimate purpose of the therapy is to promote wellness; fundamentally it is a form of preventive therapy.

If you are currently taking medication prescribed by your doctor, do not stop taking it without his/her's advice.

If you have any concerns regarding your medical condition please speak with your doctor first.

We do not accept responsibility if you choose to treat yourself using any information from our manuals or website.

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