

# PREPARING FOR

# pregnancy

If you're thinking about trying to conceive in the next 6-12 months, you are in a "pre-conception golden window." The health you and your partner cultivate now both creates the conditions for bringing life into the world, and maximizes your future child's health and resilience. But you don't need to do everything at once! Focusing on just a few key areas can make a meaningful difference in how your body supports fertility, pregnancy, and even postpartum recovery.

## 🌙 PRIORITIZE SLEEP

Aim for consistent, high-quality sleep:

- 7-9 hours per night
- Regular sleep/wake times
- Morning light exposure when possible

**Why it matters:** Balancing your circadian rhythm and getting good sleep supports hormone balance, energy, and resilience for pregnancy.

## 🥗 BUILD A NOURISHING DIET

Focus on simple, supportive nutrition:

- Protein at every meal, balanced plate for stable blood sugar
- Prioritize whole, unprocessed foods
- Eat the "rainbow" in fruits & veggies

**Why it matters:** Nutrients support hormone production and reproductive health.

## 🌿 SUPPORT YOUR STRESS LEVELS

Modern life comes with stress:

- Walk outside
- Try a digital detox
- Eliminate toxic relationships
- Connect with your partner

**Why it matters:** Chronic stress can impact hormonal signaling and overall resilience.

## 🏋️♀️ STRENGTHEN YOUR BODY

Preparing your body physically can make a big difference:

- Strength train (2-3x/week)
- Core stability
- Pelvic floor awareness

**Why it matters:** A stronger body can better support pregnancy, postpartum recovery, and even your future child's muscle mass.

## 🔍 TAKE A STEP BACK AND ASSESS

Before trying to conceive, it can be helpful to ask:

- Do I feel supported or already stretched thin?
- Is my current life sustainable for pregnancy?
- What areas might need attention before we begin?



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*pregnancy*

✦ Want a More Personalized Plan?

Sidney offers Preconception Readiness Assessments for couples planning pregnancy in the next 6-24 months who want a more intentional and optimized approach.

This is a **free** 1-hour session where you'll explore:

- Lifestyle patterns that influence fertility and pregnancy outcomes
- Targeted nutrition strategies to support egg and sperm quality
- Environmental toxin exposure and how to reduce it to support fertility
- Stress and nervous system capacity in preparation for pregnancy + postpartum
- Fertility awareness + cycle tracking for conscious conception and shortening time to conceive

You'll leave with clear, practical next steps to help you feel more prepared and supported before trying to conceive.

👉 Scan here to learn more or book a session



**Sidney Olivia Garcia- M.Sc.** is a preconception and maternal health practitioner who supports couples in preparing for pregnancy + postpartum through nutrition, lifestyle, and nervous system health. Her work focuses on helping couples strengthen their biological foundation and overall readiness in the months leading up to conception, so they can move into pregnancy feeling more supported and prepared for pregnancy, while laying the foundation for life-long family wellness.

