

Portfolio – Social Media Posts

Tips/Statements	Facts	Questions	Resources	Useful Links/ Resources (other suppliers)	Quotations
Take a moment to get present and intend to connect with your inutero or young child. They will respond.	Mounting research tells us that everything you do from before conception shapes your child's future in critical, life-altering ways.	Have you assessed your unique contribution to the wellness of your child?	Tips to connect to your baby BEFORE you conceive: [URL]	2-minute video: How to Choose Organic Baby Skin Care [URL]	"Listen to them as if you could really hear them, looking at them with the eyes of your higher self to really see them." Nancy Bevers
What song or songs would light you up and fill you with inspiration on your journey? Create a customized playlist today.	Scientists now realize that it is during fetal development that the personality begins to be organized.	In what ways are you already equipped to welcome your child? Knowing this will quell uncertainties.	All children are aspects of the divine: [URL]	2-minute video: How to Choose Organic Baby Clothes [URL]	"Fill yourself with joy moment-to-moment. This is a steady tone in your child's reality and understanding about relationships." Nancy Bevers
Try telling your child mentally, "I see the beauty and light in you; I recognize you for the great being you are." See what happens!	Child Honoring is a philosophy—a vision, an organizing principle, and a way of life—the children-first way of sustainability.	How can we as adults welcome these little ones and help them feel safe, loved and seen?	infuse the magic of music. Create a baby playlist: [URL]	1-minute video: Baby Clothing Tips [URL]	"You can shift consciousness in small children by contacting their Higher Selves, even for a moment." Nancy Bevers
Children thrive on beauty: beautiful toys, beautiful materials—wood instead of plastic, silk & cotton instead of vinyl.	The nation of Holland consistently has among the finest statistics for mother and baby health in the world.	What can you do to help your child remain connected to his or her Divine Self as they learn about our world?	Do you trust your body? [URL]	Dr. Wayne Dyer's, The Power of Intention, is an easily-read essential, focusing on principles for consciously creating the life and relationships you want.	"Infertility is not a term I embrace. I like fertility support or enhancement because they invite in all possibilities." Nancy Bevers
A child-honoring society would show love for its children, and therefore for all of us, in every facet of its design and organization.	Holland has a national policy that guarantees every woman a midwife from the beginning of pregnancy through the first year after birth.	Were you breastfeed? If so, for how long? Will your experience influence what you choose?	There's still room in our upcoming 7-day session intensives: [URL]	Child Honoring starts with three givens... [URL]	"If you want to understand the reasons for so much illness, depression and anxiety today, look at birth." BirthingTheFuture.org
Imagine a world in which every baby is intentionally conceived, carried and grown in the womb of a mother who is taking fine care of herself.	In Holland 30-40% of births still take place in the home under the care of a midwife.	Did you co-sleep with your mother or parents? How do you feel about this subject?	If you desire closer contact and deeper, personal support, we offer private sessions as well as group sessions that are quite juicy: [URL]	Birthing the Future: "Where our heart's knowing meets the edge of science... and ancient wisdom guides our future": [URL]	"The miracle of birth seems to elicit a craving for connecting with a Divine presence". -Mimi Doe
Imagine a world in which every woman has the support, love, education and preparation she needs to birth consciously and parent joyfully.	Numerous studies confirm that we what we experience at the beginning of life shapes our lifelong experience.	As a baby, were you held and loved and listened to when you cried? Ask someone who would know to shed light.	Do you have your pre-conception starter set? [URL]	Come explore the psychology, ecology—the sacred and the mundane—about birth and consciousness: [URL]	"Love keeps you going as it guides and ultimately releases you, whole, to this glorious new relationship with your child". -Mimi Doe
Imagine a world in which every woman is prepared to give birth with confidence.	Prenatal Yoga is a practice that eases the physical discomforts of pregnancy, balancing emotions, reducing stress, and increasing awareness.	How would you finish this statement? In this experience, my soul longs for...	This is a healing journey to allowing and unfolding and being your whole, integrated, empowered Higher Self: [URL]	52 Things You Can Do To Make Birth Better—for Everyone [URL]	"Within the realm of your belly, which is your pregnancy, you can totally purify the subtle body of the new child." -Yogi Bhaian
Spirituality enhances your life-affirming journey of pregnancy and adds a dimension that can both ground and center you during every stage.	Reduce caffeine intake. It restricts the growth of a developing baby by constricting blood vessels and reducing blood flow to the uterus.	How would you finish this statement? I awaken and revel in...	I would like to hear and understand your concerns and answer your questions to decide if we should work together: [URL]	Science and the Roots of Love: What Prenatal and Perinatal Psychology Shows Us: [URL]	"Your vibratory frequency has a momentous affect on the entering soul." -Yogi Bhaian
Affirmation: May I reach my highest and best Divine potential as a mother.	Stretching while pregnant reduces muscle tension, helps with coordination, increases your range of motion and prevents injuries.	How would you finish this statement? I accept the gift of parenting and intend to...	You are a high-vibrational woman and you're breaking the mold when it comes to being a mom. Do you need my help? [URL]	Birth Misconceptions: Myth and Fact [URL]	"The journey of birthing a child is an incredible transformational blessing." [URL]
Affirmation: May I remain compassionate and mindful without losing my self.	Under the guidance of your healthcare professional, prenatal multivitamins are highly recommended, especially whole food-based prenatals.	What kind of parent could you be if you were free of the ideas of what you should be?	Let's chat for 30 minutes to see if it makes sense for us to work together: [URL]	Article: How You Were Parented: It Matters [URL]	"Birth is about making mothers: strong, competent, capable mothers who trust themselves and know their inner strength" - B. Rothman
Affirmation: May I craft a life of loving and supporting my child without pressuring or controlling.	Acupuncture is traditionally used during pregnancy to help relieve nausea, bladder discomfort, mood swings, and other symptoms.	Do you approach parenting with the knowledge that you are divinely-equipped?	Read about three women whose lives have been changed during their private, telephone sessions: [URL]	Article: Crafting a Soul Relationship with Your Child [URL]	"Mother's milk, time-tested for millions of years, is the best nutrient for babies because it is nature's perfect food." -Mendelsohn
Affirmation: May I overcome my limitations and fears and envelop and support wonder and magic. May I empower my child with love.	In the third trimester, research shows acupuncture can encourage babies to move so they're no longer in a breech position.	Who do you know who models conscious parenting? How can you adopt these practices into your own life?	If you're ready right now to bring in your baby, this is just for you: [URL]	Article: Mindful Mothering [URL]	"We have a secret in our culture, and it's not that birth is painful: It's that women are strong." -L.S. Harm
Affirmation: I accept my wondrous, miraculous power to express love, compassion, patience, and peace in my everyday life.	Acupuncture pregnancy treatments can prepare your body for labor & delivery and is also used to induce labor, when appropriate.	What change could you make right now that would allow you to enjoy your child more?	"The ongoing group sessions were AWESOME! ...I felt like I was going to explode into bliss." J. Messersmith [URL]	Spiritual Parenting Thought For The Day: [URL]	"Pregnancy is a sacred time and calls on our most instinctual creative potentials." ConsciousPregnancy.org