

My Top 12 Tips To Navigating Your Pregnancy Roadmap



THIS GUIDE IS FOR..



- Women who want to conceive in the near future
- Those who have had fertility challenges in the past and would like to prime their bodies for conception
- Women who don't have fertility challenges but would like to optimize their health in preparation
- Those planning for their first child
- Those planning for child #2, #3, #4 & so on

Hi! My name is Ashley Legg. I have been trying to get pregnant for two years, suffered two miscarriages & now use my experience to spread hope to women out there trying to conceive.

I help the incredibly courageous woman who's trying to get pregnant, create a self care plan so that you can do everything possible in your control, mentally & physically, to conceive without feeling lost, scared or like you're alone.

If you want to take control of your health, I can help you go into this journey with ease, accountability, and support while trying to enter one of the most rewarding stages of your life, procreation.



IS THIS YOU? IF SO, CONGRATS!

**NOW IT'S TIME
TO SET GOALS
& TAKE
ACTION!**

CHOOSE HEALTHY HABITS.

Your focus should be living well, being healthy and feeling good about your life overall. What you do now is a precious gift to your future baby, you are ultimately improving the quality of life for yourself & family.



TIP #1

CREATING YOUR

IDEAL

PREGNANCY

PLAN

After making the decision to intentionally try to get pregnant, it's important to visualize your timeline.

While we don't have complete control on how our pregnancy plan plays out, it's helpful to have some time markers in mind. For example, my husband and I started trying early 2017. We decided before 2018 was when we wanted to see our doctor to talk next steps. When you have those markers, there's always something to look forward to.

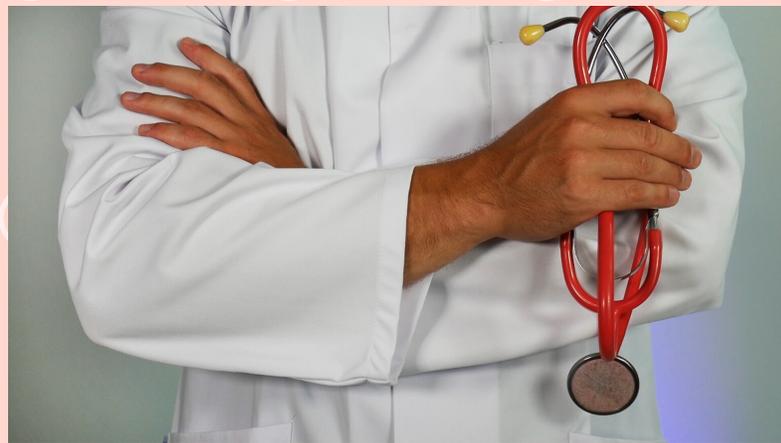
BE PROACTIVE!

TIP #2

**GET YOUR PHYSICAL
& TALK WITH YOUR
DOC ABOUT MEDICAL
HISTORY**

KNOWLEDGE IS POWER

Your doc can educate you on preconception healthcare, plus you can discuss your health history, medical conditions, genetic disorders, previous pregnancy problems, medications/supplements you're taking & others steps you can take to prevent certain birth defects. Use your resources to be in the know and in touch with your personal journey.



TIMING IS EVERYTHING

TIP #3

START

TRACKING

OVULATION

FERTILE WINDOWS VARY

Typically a women ovulates 10-14 days after Day 1 of their cycle. But some women could be early ovulators, some late. The key to conception is having sex during a small window of time around ovulation, that's when you're most fertile. What happens is a ripened egg is released from one of the ovaries and moves into the fallopian tube where the egg meets the sperm!



OVULATION TRACKING

My top tips to tracking:

1. Track in an app! I use Ovia, which tracks your cycles, fertile window and times to take your pregnancy test.

2. Buy ovulation test strips. I've used the Walgreens brand and it has worked great. You'll pee on these sticks every morning, starting 10 days after your cycle and wait for the positive result confirming you're ovulating. Then time sex around that. Keep in mind this is a spendy route, typically \$20-40 per box. Amazon does have deals!

3. Have sex every other day after your cycle is complete until you get your period or a positive pregnancy test. This ensures you hit your ovulation window. However, sex becomes more systematic and can be exhausting. Especially after trying this method for months on end.

4. Basal Body Temperature Charting

All you need is a thermometer and a chart/graph to track your body temperature before and after ovulation. After the process of ovulation, your basal body temperature (BBT) will rise and you will see a significant difference when you compare your BBT before and after ovulation if plotted on a graph.

HEALTHY FROM THE INSIDE OUT

TIP #4

REACH & MAINTAIN A HEALTHY WEIGHT

Women who are underweight or overweight are at risk for health problems, which can result in complications during pregnancy. If you fall under either of these categories, definitely talk to your doctor about how to reach your optimal weight to prepare for pregnancy.

Example: When I started my journey, I was underweight for my body. I knew this because I didn't have a cycle and my hormones were out of whack. I worked with my doc to gain weight until my body started operating optimally.



TIP #5

TAKE CONTROL OF YOUR NUTRITION

Food & fertility are linked

Research shows that food and healthy nutrition are tied to fertility health in both women and men. The most important thing to note is that your body is getting enough nutrients, vitamins & minerals to balance hormones and for optimal reproductive functioning.

A healthy, balanced diet may be able to boost your chances of conceiving.

EATING TIPS

No more dieting but eat the right foods: Focus on well balanced meals of protein/fat/carbs.

All nutrients are important, but those top of the list during pre-pregnancy/pregnancy are:

Folic acid
Iron
Calcium
Vitamin D
DHA
Iodine



The above should be present in your prenatal vitamin, so it's important to talk with your doc about your baseline testing, which should tell you more about your nutrient needs, what you lack in & what you could use more of!

WHAT TO REDUCE AND GET RID OFF

Caffeine: Many health officials recommend you reduce caffeine intake (including chocolate), as research has shown overconsumption may reduce fertility by more than 25% and hinders the body from absorbing iron & calcium optimally. Ideally stick around 200 mg or less per day which equates to 2 cups of coffee.

Other:

Other things to reduce are artificial sweeteners and alcohol consumption. Things to get rid of are recreational drugs, cigarettes and second hand smoke. These all have the potential of harming your soon to be conceived baby.

TIP #6 BE ACTIVE



Making exercise a habit is not only good for a healthy heart, it also helps produce endorphins, which helps you feel good throughout your pregnancy journey. Plus, you'll have more *control when carrying around a baby bump*, more stamina during delivery and you'll be able to shed *the extra baby pounds* faster. Don't wait to start a fitness routine *until* you're pregnant. It's important to be in optimal shape beforehand so *you're at your best* during early stages of fetal development.

ACTIVITY TIPS

LIFESTYLE CHANGES MAKE A DIFFERENCE

- Don't wait until you're pregnant to start being active.
- Continue your current regimen.
- Don't workout too intensely- exercise does cause stress on the body and during preconception the idea is to remain as stress free as possible. Just be mindful.
- If you aren't currently active, talk with your doctor about how you can start implementing more activity in your life. Here are some ideas:
 - Use stairs whenever you can.
 - Park in back of lot, requiring you to walk farther.
 - Walk more at work.

TIP #7
BE AWARE OF
YOUR LIFESTYLE
AND
ENVIRONMENTAL
FACTORS

It's definitely important to take a look at your current lifestyle/environment. Do you smoke? Drink? Do recreational drugs? Are you stuck in an abusive relationship or stressful environment? Are you surrounded by toxins at work? These are all factors to discuss with a health professional to see what you can work on/eliminate as you're gearing up for pregnancy.

EARLY INTERVENTION IS KEY!

TIP #8

LEARN YOUR FAMILY HISTORY

This is an important step for your future child's health. It's useful for you and your partner to know your family's health history so you're aware of any birth defects, developmental disabilities, genetic disorders, etc. The sooner you know this information, the sooner you can address any concerns. Genetic testing ahead of time gives you time to analyze results and consider all options moving forward.

TIP #9 TALK WITH YOUR DOC ABOUT CURRENT MEDICATIONS & SUPPLEMENTS

Some medications and/or even herbal supplements can be damaging to your future baby and cause birth defects. It's important to discuss everything you're intaking with your doctor. That way any concerns can be addressed ahead of time. Being aware is key!



TIP #10

VALUE OF

INTIMACY



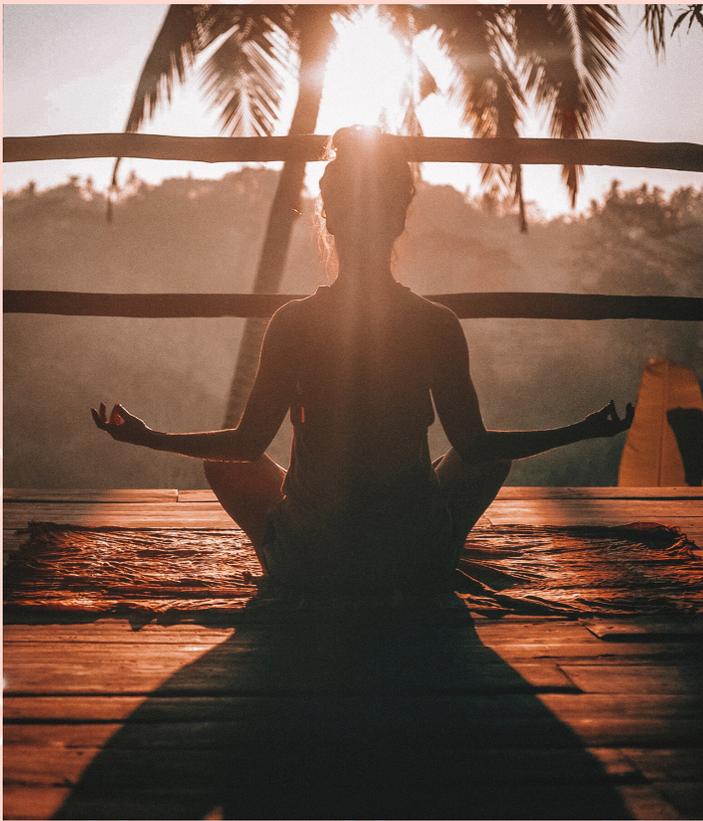
MAKE INTIMACY A PRIORITY

If you're seriously trying to get pregnant, timing is everything.

Therefore, sex can become systematic, boring, exhausting and feel like a chore. I recommend just openly talking with your partner about ways to keep that sex drive alive and to value intimacy. The connection has to be there in order to perform, on both ends. It's important for each party to feel loved, appreciated and desired.

TIP #11

BE MINDFUL OF YOUR MENTAL HEALTH



Your mental health is always important. You need to take care of yourself before you can take care of another human being. To be your best, you need to feel your best.

During the trying process, it's easy to feel overwhelmed, worried, anxious, upset and these feelings tend to interfere with our daily life and how we cope with certain situations. Recognizing those triggers and finding ways to alleviate the stress can help improve your mental health, allowing you to handle situations/battles with more openness and ease.

MENTAL HEALTH CONT...

FINDING WAYS TO COPE

Finding a system that works for you is key. For me it's having a relaxing morning routine, gardening and writing. Simple techniques that have ultimately improved my mental health overall and have kept myself a priority and not just a victim of my miscarriages or failed pregnancy attempts. I also found release in sharing our journey and going to couple counseling to talk through painful experiences and frustration.

TIP #12 MAINTAINING YOUR PRE- PREGNANCY LIFESTYLE

Now that you have more *mindfulness*, awareness, knowledge and *have taken some serious* action, it's all about maintaining these healthy habits through the pre-pregnancy stage and onto the pregnancy stage. Consistency over time will earn you *more strength, hope and belief that you will one day conceive. I hope you understand how worthy you are and that you* deserve to feel loved inside & out.

