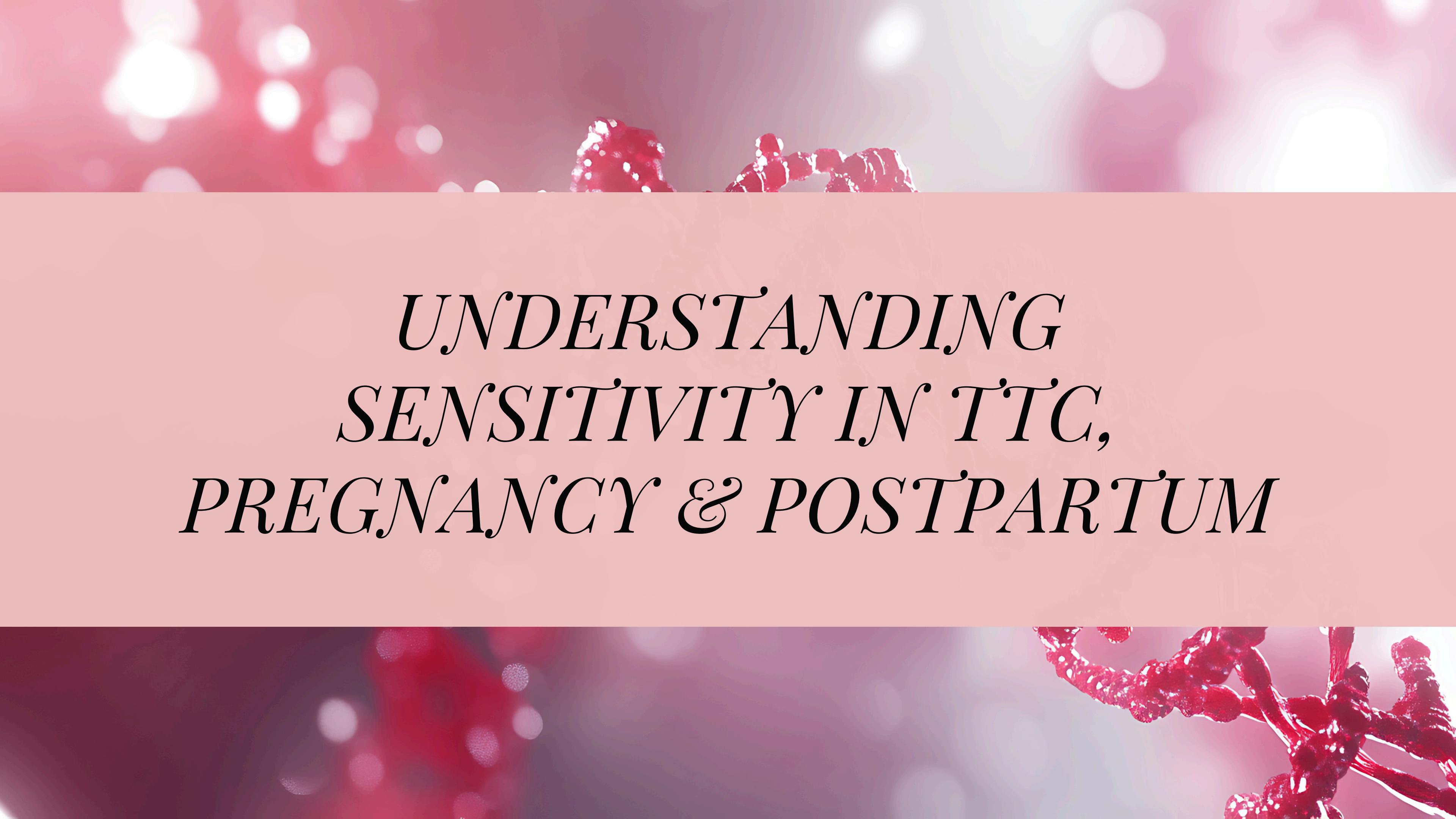


Communicating with TTC, Pregnant or Postpartum Clients



**How to support the most sensitive maternal
stages with clarity, calm, and compassion**



UNDERSTANDING SENSITIVITY IN TTC, PREGNANCY & POSTPARTUM



Why These Stages Requires Extra Care

- Hormones amplify emotional perception
- The nervous system is more responsive
- Stress tolerance is reduced
- Information hits deeper + faster
- Safety, tone, and wording matter more than ever

MGI Principles for Sensitive Stages

✨ “Regulate the mother before sharing the information.”

Your presence, tone, and pacing matter more than what you say.



What These Clients Need Most

- calm delivery
- clear language
- zero overwhelm
- validation of their experience
- simplified explanations
- reassurance that nothing is “wrong”

This is a co-regulated communication style.

Slowing Down

When sharing genomic insights:

- 1. Speak slowly**
- 2. Pause frequently**
- 3. Check in emotionally**
- 4. Let her absorb at her own pace**

Slowness = safety.



Validation

Before explaining anything:

1. Reflect what she's experiencing
2. Validate how it feels
3. Then add gentle genomic context



Example:

“You’ve been feeling really overwhelmed. That makes so much sense — and some women do have tendencies that make pregnancy feel more intense.”

Avoid Information Overload

Pregnancy + postpartum brains are processing A LOT.

Keep communication:

- short
- simple
- clear
- repeatable
- emotionally grounded

Less is more.



One Insight At A Time

Never deliver multiple genomic tendencies at once.

Offer ONE insight...

Let it land...

Provide support around it...

Move on only if she's ready.

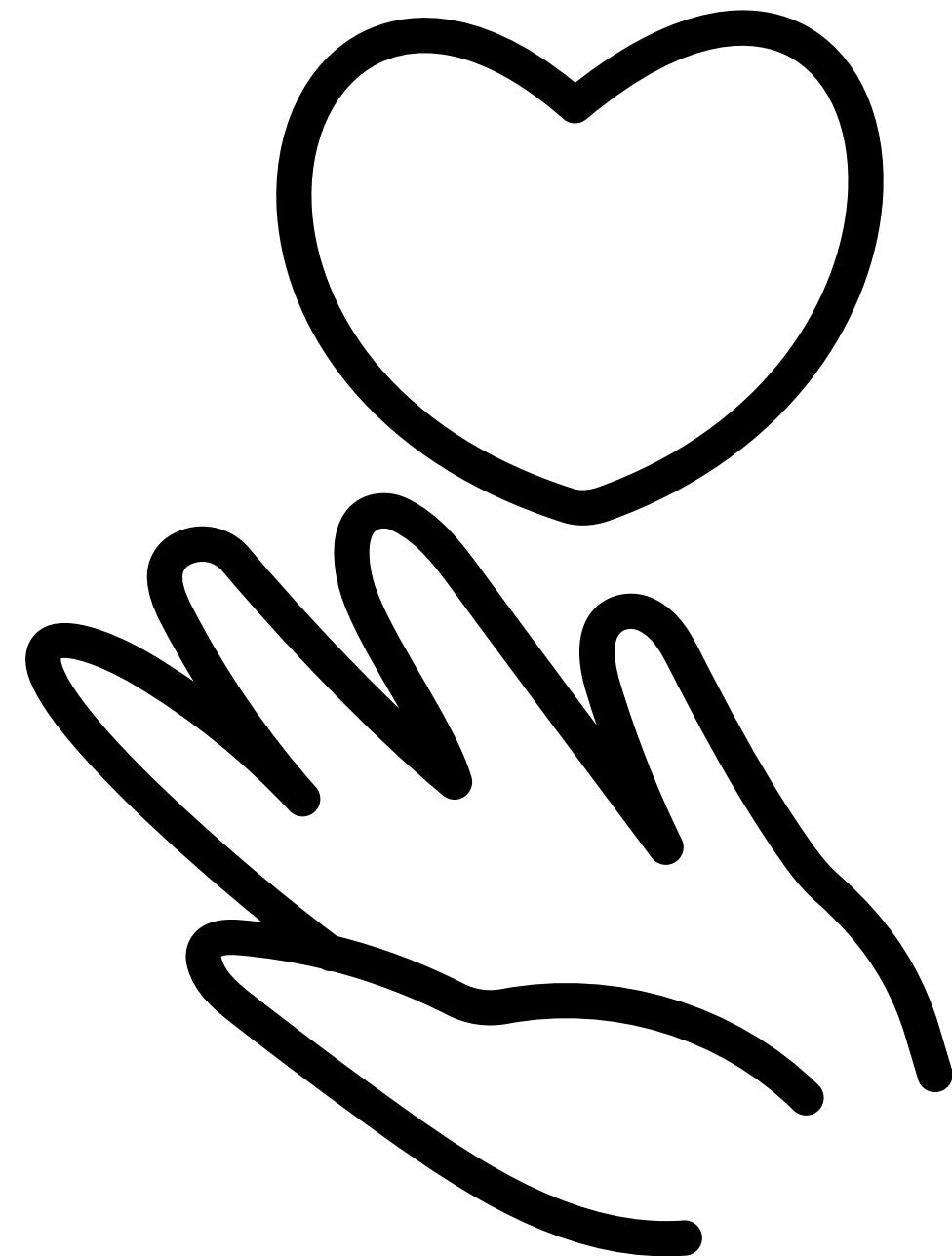


Emotional-Safety Checkpoints

Use gentle micro-check-ins:

- “How does this feel so far?”
- “Want me to slow down?”
- “Would you like a moment to pause?”
- “Is this reassuring or overwhelming?”

Your job is co-regulation.



Reflection:

- How does your tone shift when speaking with pregnant or postpartum clients?
- What phrases will you commit to using?
- What patterns do you notice in how mothers respond to information?

