

Supporting Your Client



**How to choose where to begin
with each mother**


Why Practitioners Need a Framework

- Each mother's story is unique
- The report can feel overwhelming without direction
- Practitioners need a simple starting point
- The right pillar helps mothers feel seen + supported
- This creates clarity, confidence, and calm



WHAT THIS FRAMEWORK HELPS YOU DO

- Identify the mother's primary support area
- Connect her lived experience to the MGI pillars
 - Keep your sessions structured + focused
- Reduce overwhelm for both practitioner + client
 - Stay within scope while offering deep value



THE FOUR ENTRY POINTS

- Symptoms
- Stage of Motherhood
- Client Goals
- Emotional Context

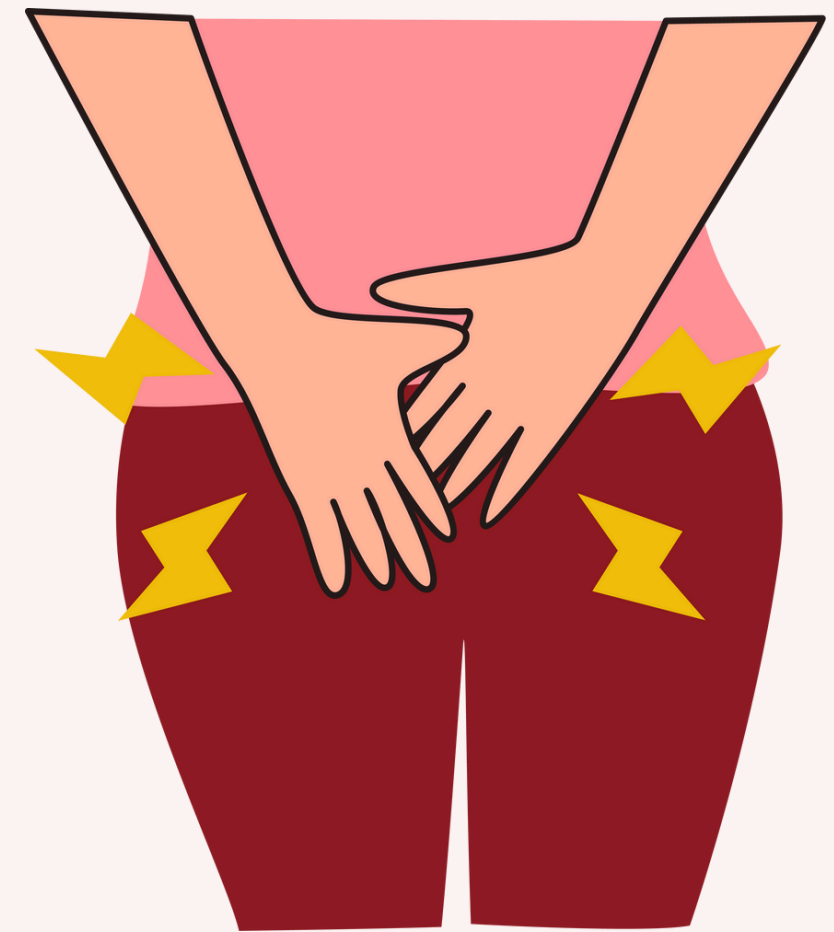
These guide you to the correct pillar

Entry Point 1: Symptoms

What she's actively experiencing right now.

Examples:

- nausea
- exhaustion
- difficulty conceiving
- postpartum overwhelm
- hormonal shifts
- breastfeeding challenges
- sensory overload



Entry Point 2: Stage of Motherhood

Where she is in the maternal timeline.

Examples:

- TTC → Pillar 2
- Pregnant → Pillar 3
- Preparing for birth → Pillar 4
- Newly postpartum → Pillar 5
- Struggling emotionally → Pillar 6

This gives a natural first step.



Entry Point 3: Emotional Context

What she wants most right now.

Examples:

- regulate hormones → Pillar 1
- conceive → Pillar 2
- understand her pregnancy → Pillar 3
- prepare for birth → Pillar 4
- heal postpartum → Pillar 5
- stabilize emotions → Pillar 6

Goals guide your anchor pillar.



Entry Point 4: Emotional Context

Examples:

- fear around birth
- anxiety in pregnancy
- frustration TTC
- depletion postpartum
- overwhelmed with hormonal changes

Emotions often reveal the most urgent pillar.





How to Choose the First Pillar

Step 1: Listen For Patterns

- What theme repeats in her story?
- Where does she feel most challenged?
- What has been affecting her the longest?
- What is creating the most emotional charge?

Patterns point to the primary pillar.



Step 2: Identify the Dominant Pillar

- What theme repeats in her story?
- Where does she feel most challenged?
- What has been affecting her the longest?
- What is creating the most emotional charge?

Patterns point to the primary pillar.

Step 3: Support WITHOUT Interpreting

Remember:

- You do **NOT** interpret genomics
- You **DO** interpret emotional + lived experience
- You **DO** apply the MGI framework
- You **DO** guide understanding + support

This keeps you safe and aligned.



Step 4: Introduce Secondary Pillars

After the primary pillar is clear:

- **identify 1–2 supporting pillars**
- **explain how they connect**
- **keep it simple and mother-centered**

This deepens understanding without overwhelming her.

Client Examples



TTC CLIENT

Entry Point: Goals → “I want to conceive.”

Primary Pillar: Fertility

Secondary Pillars: Hormonal Health + Mental Health



PREGNANT CLIENT

Entry Point: Stage → Pregnancy

Primary Pillar: Pregnancy

Secondary Pillars: Birth + Mental Health



BIRTH PREP CLIENT

Entry Point: Goals → “I want a better birth this time.”

Primary Pillar: Birth

Secondary Pillars: Pregnancy + Mental Health

Client Examples



BREASTFEEDING OPTIMIZATION

Entry Point: Goals → “I want to optimize breastfeeding.”

Primary Pillar: Postpartum

Secondary Pillars: Maternal Mental Health + Pregnancy



REOCCURRING LOSS

Entry Point: Symptoms → “I’ve had multiple losses.”

Primary Pillar: Fertility

Secondary Pillars: Women’s Hormonal Health + Maternal Mental Health



ANESTHESIA RESPONSE

Entry Point: Goals → “I want to understand my anesthesia response.”

Primary Pillar: Birth

Secondary Pillars: Pregnancy + Maternal Mental Health

THREE QUESTION GUIDE

Ask yourself:

Where is she right now?

What is she feeling?

What does she want?

These ALWAYS reveal the correct pillar.

THIS FRAMEWORK IS NOT

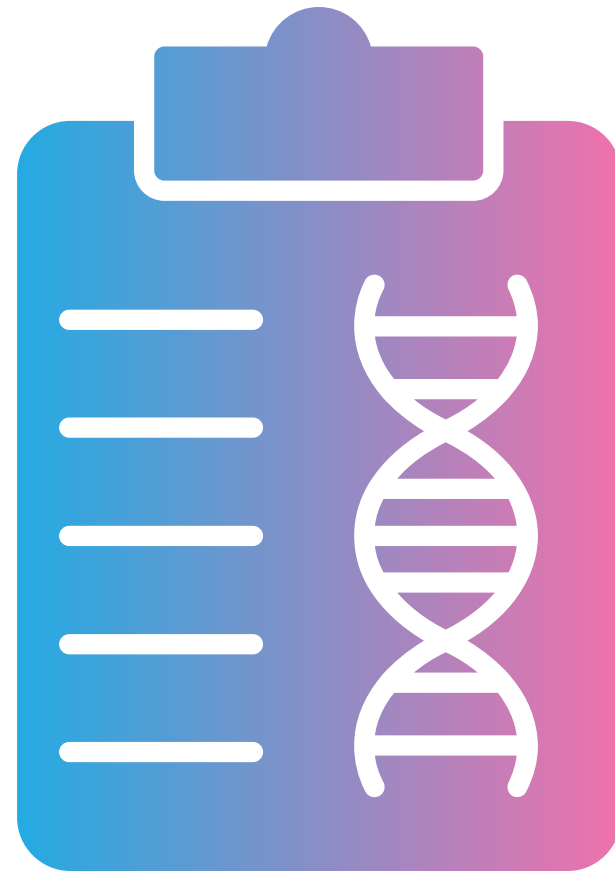


- Not diagnosis
- Not medical interpretation
- Not clinical assessment
- Not predictive

It is a maternal-support tool.



THE PRACTITIONER'S ROLE



- Hold space
- Help clients understand their experience
 - Reduce shame + overwhelm
 - Provide appropriate guidance
 - Refer out when necessary
- Strengthen maternal well-being

