

How Genomics Applies Across the Maternal Timeline



**Understanding how tendencies
express across stages of motherhood**



Why the Timeline Matters

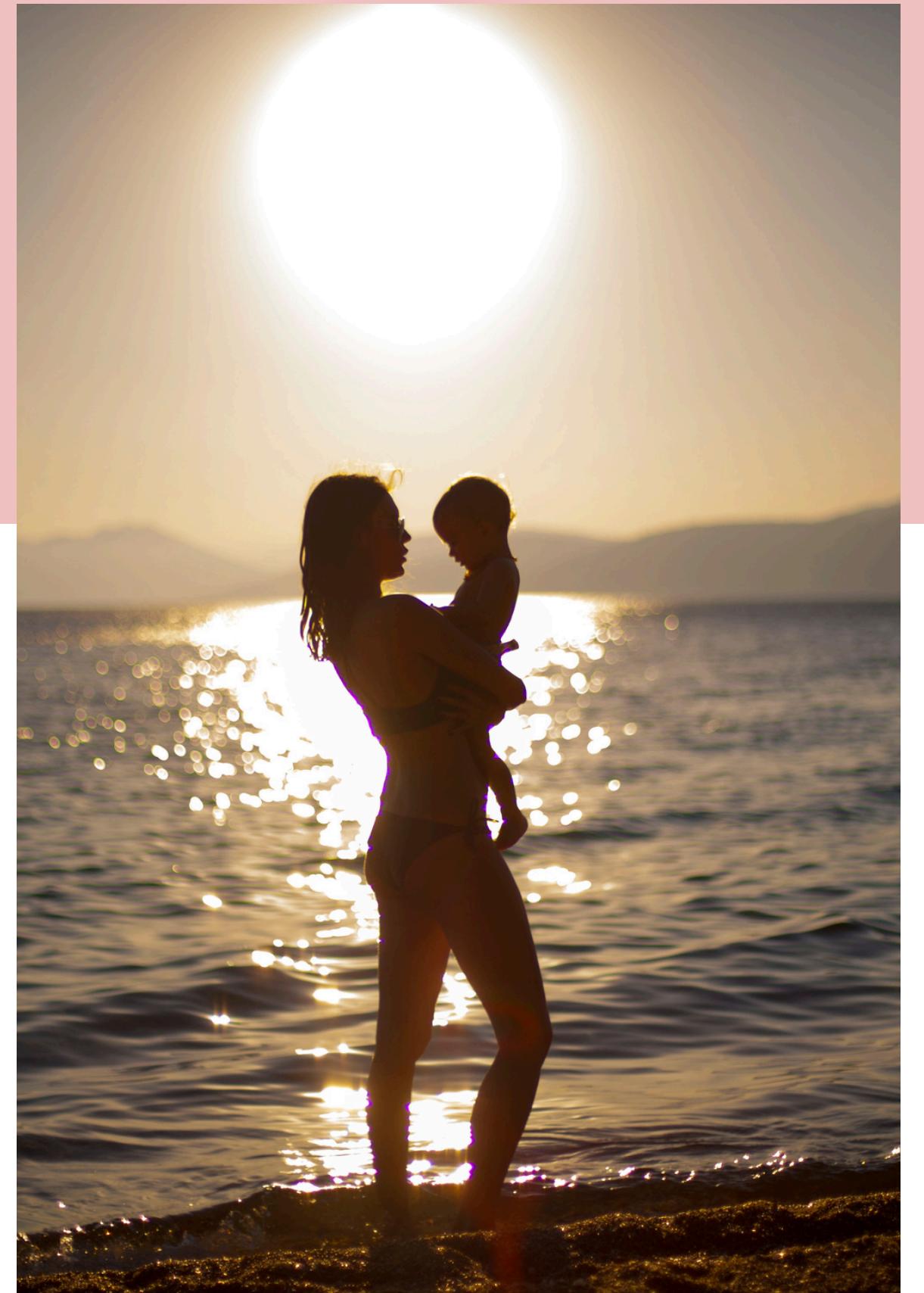
- Maternal health is not isolated events
- It is one biologically continuous journey
- Genomic tendencies express differently across stages
- Understanding patterns empowers clearer, safer support

The Maternal Continuum

The maternal journey flows through:

1. Preconception
2. Pregnancy
3. Birth
4. Postpartum
5. Maternal Mental Health

Each stage is connected, not separate.



Genomic Tendencies Across Time

- Patterns may repeat across stages
- The SAME tendency can influence multiple experiences
- Helps decode why women feel things differently
- Removes shame + confusion

Preconception Tendencies

May show up as:

- Cycle irregularity
- Hormonal intensity
- Difficulty conceiving
- Low energy
- Stress sensitivity
- Nutrient depletion

This stage sets the foundation for the whole continuum.



Pregnancy Tendencies

May present as:

- Nausea, appetite changes
- Fatigue or “energy swings”
- Emotional fluctuation
- Sensory sensitivity
- Sleep disruptions
- Blood sugar fluctuations
- Increased stress sensitivity

Genomics helps normalize differences
in pregnancy experiences.



Birth Tendencies

May present as:

- Differences in stress response
- Variations in contraction rhythm
- High or low sensory needs
- Emotional overwhelm or deep internal focus
- Variability in endurance
- Differences in recovery during labor

These are **TENDENCIES** — never predictions.



Postpartum Tendencies

May appear as:

- Slower or faster recovery
- Emotional sensitivity
- Nervous system overwhelm
- Changes in sleep + stress tolerance
- Lactation challenges
- Shifts in appetite or nourishment needs

Postpartum often amplifies earlier patterns.



Maternal Mental Health Tendencies

May show up as:

- Stress sensitivity
- Difficulty winding down
- Mood fluctuations
- Emotional overwhelm during transitions
- Sleep challenges
- Lowered resilience when depleted

Understanding ≠ diagnosing –
it simply helps support.



How Patterns Repeat

Examples:

- **Stress → TTC overwhelm → pregnancy anxiety → birth tension → postpartum mood shifts**
- **Energy → low luteal energy → pregnancy fatigue → postpartum depletion**
- **Inflammation → pregnancy discomfort → slower postpartum recovery**
- **Hormonal shifts → PMS → pregnancy mood intensity → postpartum emotional waves**

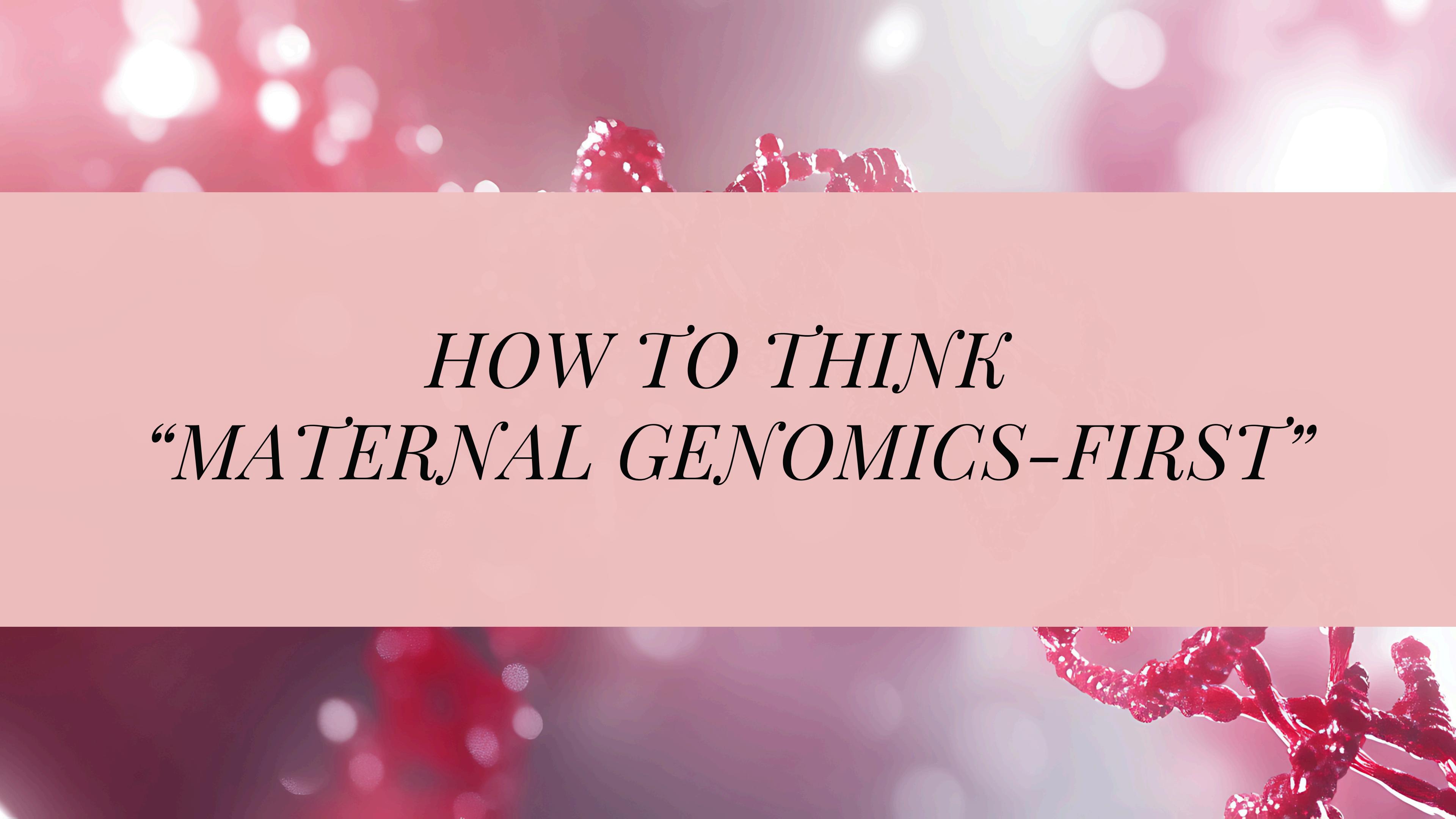
Patterns = clarity.

GENOMICS REMOVES MYSTERY

Helps mothers understand:

- why pregnancy felt harder than expected
- why postpartum recovery took time
 - why their emotions felt intense
- why birth felt overwhelming or empowering
- why their body needs specific kinds of support

Understanding creates grounding.



HOW TO THINK “MATERNAL GENOMICS-FIRST”

Thinking With the MGI Lens



Ask:

- **Which stage is she in?**
- **What tendency is expressing itself?**
- **Has this pattern shown up before?**
- **What does she need more support with?**
- **How can we reduce overwhelm + increase clarity?**

INSTEAD OF ASKING

“What's wrong?”

WE ASK

“What is this woman's body trying to communicate?”

Empowerment Through Understanding

- **Normalizes her experience**
- **Reduces shame**
- **Builds connection between stages of her journey**
- **Improves emotional and physiological support**
- **Helps her feel seen + understood**

Reflection: Your Role in Maternal Genomics

- Which stage do you primarily work in?
- What patterns do you commonly notice?
- How does this timeline reshape your understanding of clients?

