

# *DNA Without Fear*



**A calm, supportive approach to  
maternal genomics**



# *Why Fear-Free Genomics Matters*

- Mothers are vulnerable during this stage
- Genetics can sound intimidating or clinical
- Language shapes how safe a mother feels
- Fear-based communication harms trust
- Trauma-informed genomics protects the nervous system



# *The MGI Communication Standard*

You will learn to:

- use soft, supportive language
- avoid deterministic wording
- empower rather than alarm
- frame genetics as information, not prediction
- ground the conversation in compassion



# *Safe, Supportive DNA Language*

**Instead of:** “This gene causes...”

**Say:** “Some women have genetic tendencies that influence...”

**Instead of:** “This predicts...”

**Say:** “This may help us understand how your body responds.”

**Instead of:** “This means you will experience...”

**Say:** “This may show up for you as...”

**Softness = safety.**



# *What DNA Really Means For Moms*

- DNA shows tendencies
- DNA explains patterns
- DNA contextualizes experiences
- DNA helps mothers understand themselves
- DNA is NOT destiny
- DNA empowers—when communicated calmly

# *Tendencies, NOT Predictions*

## **Always emphasize:**

- ✨ “We are talking about tendencies, not predictions.”
- ✨ “Nothing here diagnoses or determines your future.”
- ✨ “This information helps us understand how to support you best.”

**This is the foundation of trauma-informed maternal genomics.**

# *Avoid Fear-Based Language*

**Never use:**

- “risk”
- “danger”
- “mutation”
- “defect”
- “abnormal”
- “high-risk gene”
- “this means you will”
- “genetic problem”

**These terms trigger the nervous system.**



**IMPORTANT**



# *Gentle, Grounding Vocabulary*

**Use:**

- **tendency**
- **pattern**
- **response**
- **support needs**
- **your body's way**
- **unique biology**
- **lived experience**
- **nourishment**
- **understanding**



**These words promote regulation and safety.**



# *The ‘Lived Experience First’ Principle*

You ALWAYS start with the mother's lived experience, not the genomic tendency.

Example:

“You've noticed nausea feels intense. Some women have tendencies that make hormonal changes feel more pronounced — let's explore gentle support options.”

Her story leads.

Genomics follows.

# *Nervous System Awareness*

## **When discussing genomics, remember:**

- Mothers are already absorbing a lot
- Pregnancy, birth, and postpartum are sensitive periods
- Language must regulate, not activate
- Calm presence is part of your skillset



# *Pause, Check In*

## **Periodically ask:**

- “How is this feeling for you?”
- “Is this making sense?”
- “Is anything coming up as we discuss this?”

**This keeps the mother grounded and connected.**

# *Empowering Mothers*

**Your goal is to help her feel:**

- **seen**
- **understood**
- **validated**
- **not alone**
- **not broken**
- **not overwhelmed**



**Genomics becomes an empowerment tool, not a fear tool.**



## EXAMPLE: PREGNANCY NAUSEA

### NOT THIS

✗ “Your genetics make you prone to hyperemesis.”

### SAY THIS

✓ “Some women have tendencies that make hormonal shifts feel stronger. This helps us understand your experience so we can support you with more gentleness.”

## EXAMPLE: BIRTH INTENSITY

### NOT THIS

✗ “Your body doesn't handle labor stress well.”

### SAY THIS

✓ “Some women have patterns that make intensity feel more overwhelming. Understanding this helps us prepare a supportive, calming birth environment.”

## EXAMPLE: POSTPARTUM MOOD

### NOT THIS

✗ “You’re at risk for postpartum depression.”

### SAY THIS

✓ “Some mothers have emotional sensitivity after birth. Knowing your tendencies helps us create more support and reduce pressure on your nervous system.”

# *Your Responsibility As An MGI Practitioner*

- Use precise, gentle language
- Stay within scope
- Regulate your own nervous system
- Support without diagnosing
- Translate information into compassion
- Refer out when emotions feel heavy



# *Reflection*

- **How does your language shift when you aim for safety?**
- **Which phrases will you start using?**
- **Which phrases do you need to unlearn?**