

DNA Without Fear



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



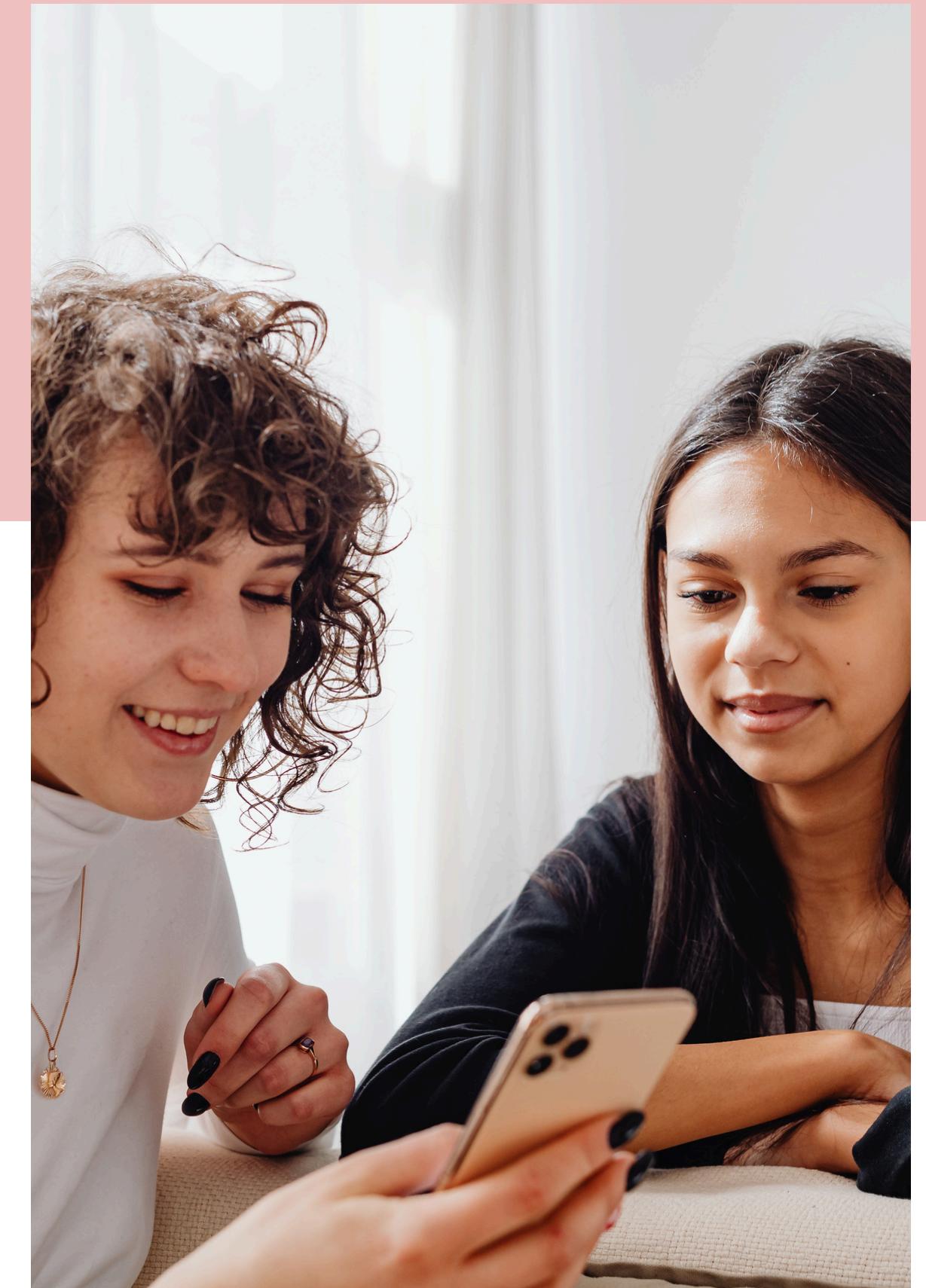
Why Fear-Free Genomics Matters

- 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”

IMPORTANT

These terms trigger the nervous system.

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?**