



# When You're Not Trying... Yet Laying the Groundwork



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WELCOME

# Hello, I'm your Full Spectrum Doula, Kat Thompson.

**Hi there, beautiful human,**

Thinking about trying to conceive in the future? You're already on the journey – and you're not behind.

Pre-TTC is about getting to know your body, exploring your values, and laying a foundation for a smoother, more connected fertility experience (physically, emotionally, and mentally).

Whether you're months away or just starting to entertain the idea, it's a great time to care for your future self – to nourish your body, calm your mind, and learn how to listen to what it needs.



This guide gives you a few gentle, accessible ways to start preparing – and to remind yourself that you don't have to figure it all out alone.

- Kat Thompson



## CHAPTER I

# Start Early

## Preparing the Body Before TTC

Preparing to try for a baby doesn't have to start when you toss the birth control. In fact, giving yourself a few months (or more!) to ease into the process can make a big difference – physically, emotionally, and mentally.

Whether you're months away from actively trying, just came off birth control, or still unsure when the right time will be, here's why early prep matters:

- **Prenatals & Supplements:** Building nutrient stores takes time. Folate (or methylfolate), iron, and B vitamins are essential for conception and early pregnancy. Magnesium is great too – just make sure to pair it with Vitamin D3 for better absorption. Omega-3s and a good probiotic can also support hormone balance and gut health.
- **Coming Off Birth Control:** After hormonal contraception – especially long-term use – it can take time for your cycle to regulate. You may not ovulate right away. Cervical mucus production may take a few months to return. This isn't a setback – it's your body rebalancing and finding its rhythm.

- **Lifestyle Shifts Take Time:**

Changes to your movement, sleep, hydration, and stress habits don't click overnight. Early prep allows these routines to settle in gently without pressure or timelines.

## Mind, Body & Soul Support (That Actually Works)

We hear a lot about journaling, yoga, and meditation – and while they work for some, they're not everyone's go-to tools (especially if you're neurodivergent, overwhelmed by stillness, or just not into those practices). That's okay.

### Support can look like:

- Rearranging your space to reduce stress or gain control.
- Deep-cleaning or decluttering – physical reset = mental reset.
- Listening to calming music, spiritual podcasts, or even white noise.
- Cooking or prepping meals to feel grounded and cared for.
- Making checklists, planning your cycle, or tracking symptoms to gain clarity.

You don't need to quiet your mind – just honour what feels good. Supporting your nervous system and meeting yourself where you're at is just as powerful.

## CHAPTER II

# Where I Fit In

As a Full Spectrum Doula who's certified in Fertility, I'm here to support you before you even begin trying, whether that's decoding your cycle, preparing your body after birth control, sorting through the emotional fog of "am I ready?", or just figuring out where to begin.

**My work includes:**

- Nutritional, supplemental, and lifestyle prep.
- Fertility education, cycle charting, and planning support.
- Emotional care and nervous system support.
- A compassionate ear when things feel overwhelming or confusing.



**“NOT EVERYONE WILL UNDERSTAND YOUR JOURNEY. THAT’S FINE. IT’S NOT THEIR JOURNEY TO MAKE SENSE OF. IT’S YOURS.”**

— ZERO DEAN

This is a space where your full self, your hopes, fears, identity, and unique needs, is welcome.

You don't have to wait until you're officially "TTC" to get support. In fact, the earlier we begin, the more aligned your journey can feel.

## CHAPTER III

# Common Questions & How to Navigate Them

**Q: How do I know when it's the "right" time to try?**

There's no perfect time. Some people feel emotionally ready but aren't sure their body is; others are physically ready but feel hesitant. You're allowed to feel both excited and unsure. Sometimes it's less about being "ready" and more about being open to exploring what readiness means for you. That's part of this journey – and I'm here to help you navigate it, whatever it looks like.

**Q: I've been on birth control for years – is that a problem?**

Not at all. But it can mean your body needs time to adjust. It may take a few cycles (or more) for ovulation to return, your cervical mucus to regulate, or your cycle to become consistent. This is normal. We can track your return to natural rhythm together through cycle charting and body literacy tools – no guesswork needed.

**Q: Do I need to take a prenatal even if I'm not actively TTC yet?**

Yes! A high-quality prenatal taken at least 3 months before conception helps build essential nutrient stores – especially folate, iron, and B vitamins.

This supports both your reproductive health and the early stages of pregnancy (even before you know you're pregnant). If you're unsure where to start, I can help you choose a prenatal that works for your needs.

**Q: I don't relate to mindfulness or yoga. What else helps with preconception wellness?**

So many things! Prepping your space, journaling (or voice notes), moving your body through dance or walking, organizing your pantry – it all counts. You don't need to force yourself into wellness trends that don't feel right. You get to define your version of "calm," "healthy," and "aligned."

**Q: How do I know if I'm doing enough to prepare?**

If you're asking this question – you're already paying attention. That's huge. It means you care, and that's the best starting point. The "enough" piece isn't about perfection, it's about intention. You don't need to do everything at once. Supporting your body, mind, and spirit in small, consistent ways is more impactful than overhauling your life in a week.

## CHAPTER IV

# Final Thoughts

Preparing for pregnancy isn't always about taking big, life-changing steps – sometimes it's about tuning in, getting curious, and laying the quiet groundwork for a future you're only just beginning to imagine.

Whether you're a planner by nature, newly curious about your fertility, or just taking this journey one day at a time, you're allowed to move at your own pace. There's no rush, and no pressure to "get it right." Your journey is valid, even if it looks different from anyone else's.

Some days might feel empowering – others might feel confusing, emotional, or overwhelming. All of that is part of this stage. The preconception period is rarely talked about, but it's often where people start doing the deep, personal work of understanding their bodies and defining their own version of readiness.



That work matters. You matter. And if you need someone to walk with you, hold space for the questions, help you track your cycles, or talk through what's "normal" – I'm here.

From emotional check-ins to practical fertility support, this is what I do.

Let's take the next step when you're ready. ❤️

- Kat Thompson