



Frequently Asked Questions

- 1 What does “Pre-TTC” even mean?

It means you’re thinking about maybe someday becoming a parent — but you’re not actively trying yet.

You might be curious about your cycle, wondering if your body’s “on track,” exploring family planning options, or wanting to prep your body without pressure.

This phase is all about learning, preparing, and exploring — not rushing.

- 2 Can you help if I’m not sure I even want kids?

Absolutely. You don’t need a confirmed “yes” to seek support.

Sometimes, this phase is about unpacking emotions, fears, relationship dynamics, or pressure from others.

I can hold space for all of that, with no agenda or assumptions.

- 3 What do we do in a pre-TTC session?

It depends on you — but most sessions include:

 - A review of your cycle, hormones, or reproductive health history
 - Discussion around timing, birth control transitions, or family planning
 - Nutrition & lifestyle prep (if desired)
 - Emotional processing or values-based decision-making
 - Answering all the “Is this normal?” questions you’ve stored up

Some clients do one session. Others check in monthly. It’s your pace.

- 4 Should I come off birth control before trying to conceive?

That’s a personal decision — but I can help you understand how different methods affect your cycle, how long your body might take to regulate, and what signs to look for post-BC.

We can create a step-by-step transition plan so you feel supported, not surprised.





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5 How do you support people during this phase?

With curiosity, care, and body literacy.

I help you get to know your cycle, interpret signs your body might already be showing, and prepare physically and emotionally — whether that means conception next year or never.

You deserve support long before two lines on a stick.

6 Can I use FAM while coming off hormonal birth control?

Yes! Many people use the Fertility Awareness Method (FAM) as a way to reconnect with their cycle after hormonal contraception.

We can track:

- Ovulation return
- Hormonal patterns
- Cervical fluid shifts
- Luteal phase length
- Signs of imbalance (if any)

Whether your goal is pregnancy later, or just cycle health now, FAM is a gentle way to get back in sync with your body.

7 What if I want to use FAM as birth control before trying?

That's totally valid — and smart.

FAM can be up to 98% effective when used correctly, and I can help teach you how to use it for:

- Birth control now
- Conception later
- Understanding your cycle always

It's not just a method — it's a lifelong skill.



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8 I never learned this stuff in school.
Am I way behind?

Not at all — you're exactly where you're meant to be.

Most of us were taught more about fear than function when it came to our bodies.

Learning how your cycle actually works — what your hormones are doing, when you're fertile, what's normal and what's not — is never too late.

9 I'm embarrassed to admit it, but I don't understand how this stuff works. Is that normal?

Totally normal — and absolutely nothing to be ashamed of.

Many of us grew up with abstinence-based sex ed, gendered misinformation, or cultural silence around fertility. It's not your fault if you missed a chapter (or the whole book).

You don't have to relearn it all on your own — I'm here to walk through the science and the emotions with you.

10 What if I'm not a cis woman? Can I still work with you?

Yes. All genders, bodies, and family types are welcome here.

Whether you're trans, non-binary, gender-expansive, or unsure, you deserve reproductive support that sees you — not just your anatomy.

My language is inclusive, my care is affirming, and I'll always ask how you want to be referred to and supported.

11 My cultural or religious background has specific beliefs around fertility. Can we include that?

Absolutely. I believe that reproductive care should be personal and respectful, not prescriptive.

If your background includes specific timing, traditions, modesty expectations, or fertility beliefs, I will always honour that — and work with you to build support that reflects your values.

