

..... Begin Early Education Program® (B.E.E.P.®)

20 guidelines for a healthy pregnancy

Advice to future parents: **The ideal pregnancy doesn't exist.** Nor is there a perfect parenting method. So take this advice as a guideline. There has been an abundance of attention to the physical health of the unborn child. This information is generally well known and the proposed methods are often easy to apply. The same can be said for the guidelines in this article, that put emphasis on the **emotional health**, for the happiness of your child is just as important.

It is highly recommended to request guidance or explanations for these guidelines. These recommendations are best applied at least 3 months before conception. The B.E.E.P method is intended to, as parents guide your children in a holistic way. It does not, however, substitute adequate medical care.

Guidelines for a healthier pregnancy

1. Have healthy morals and values*
2. Promise and be faithful to your partner
3. Have a healthy relationship early on*
4. Plan and prepare for your pregnancy (no time pressure)
5. Don't smoke, drink, or use drugs at least 3 months before conception.*
6. Live and eat healthy to the current standards*
7. At the discovery of the pregnancy, says both parents welcome the child, warmly and out loud.*
8. Celebrate the pregnancy (no alcohol!)
9. Both parents often speak to the unborn child, touch the stomach, and do fun activities.
10. With care, solve any sexual problems in the relationship before conception.*
11. Solve differences of opinions in a timely manner, avoid loud arguments, and loud music.*
12. Don't fall asleep angry. Solve conflicts as soon as possible. (Family issues included)*
13. Do not conceive when points 5,10,11 or 12 are occurring!*
14. Create plenty of peace (for example: early preparations)*
15. Avoid as much stressful situations as you can. (family visits, big parties, theme parks etc.)
16. Avoid occultism, horror, the paranormal etc.
17. Make plenty of time and preparations for post-pregnancy
18. If you have other children, allow them to meet, talk and listen to the unborn child as well.
19. Try to make all medical exams and doctor visits as peaceful and quiet as possible.*
Mother, stop working at 7 months of pregnancy and focus on yourself/the child.

Prenatal problems*

Pregnancy complications (hypertension, vomiting etc).
Every accident and every trauma(according to Nucleus definition)
Bad news

The ideal birth

Preferably at home, avoid sources of stress, have a good atmosphere*
In case of medical intervention, calm and respectful behaviour of all attending parties.*
The least amount of medication as possible (or epidural)*
Request to be the first person to hold the child, long enough to feel a connection.
As the mother, before the child drinks, look it in the eyes to form a better connection.*
Let the umbilical cord pump out.
Father is present, holds and welcomes the child (out loud), and then passes it on to the mother.*

***IMPORTANT! If any of these situations deviate from the ideal, use this information during later sessions**

Begin Early Education Program® (B.E.E.P.®)

B.E.E.P

This program is intended to guide (future) parents and is done in both groups and individual sessions. You can apply to this program through our contact information. Organized locally as much as possible by NCN

Comments

No pregnancy can follow all the guidelines. Some things won't go the way you prefer, this will happen to everyone to some extent: "it just happens".

However, the emotional consequences and pain CAN be compensated for, resolved, or changed! This can be done through the Nucleus Methodology. This methodology has a few different types of sessions, dependant on the client's personal situation. The Nucleus Coach can determine which type of session is suited for each client. The guidelines with a *, note that these are a priority and need to be resolved in a timely fashion.

Types of Nucleus-sessions

Generational sessions are about ancestral issues, generational problems, and Blue Prints®

Pregnancy sessions use a slightly different technique because of the presence of the unborn child.

Simultaneous sessions are sessions through the parent for the benefit of both parent and child in same time

Relationship Care focusses specifically on marriage and relationship problems.

F.E.E.L. (First Emotional Evaluation of Labor) maternity care that can resolve birth trauma right after birth

Combinational sessions can be done simultaneously with the client, or through a different types of sessions.

Not everyone has a good start in life and it definitely influences the child. In those cases we recommend that the parents "clean" themselves first. Even before conception, trauma's like miscarriages, psychological problems etc. are examples that would have to be cleaned up.

Nucleus sessions can be done afterwards, or at any given time. It can resolve the negative consequences to some extent, depending on the nature of the event.

It is highly recommended to partake in Nucleus sessions if the following events occurred:

- Previous or potential miscarriages or premature birth
- Accidents or almost accidents.
- Any bleeding during pregnancy, no matter how small.
- Miscarriages of twins or multiple births
- Birthing problems and medical issues
- Pregnancy after rape
- Big fights or bad relationship issues.
- Bad news e.g. death, being fired, divorce etc.
- Natural disasters
- Criminal violence e.g. robbery, kidnapping, threats (even if you were just as a witness)
- Drinking (before knowledge of the pregnancy)
- After previous (or failed) attempts for abortion.
- IVF-kids
- Consequences of emotional or psychological problems of the parents
- Becoming unexpectedly pregnant after a medical procedure. (e.g. abortion, miscarriage)

B.E.E.P.® is a service from Nucleus College Netherlands. This expands the Nucleus Vision in the Netherlands, with the goal to create fundamental, holistic, and preventive healthcare. They organize seminars, workshops, lectures, and study courses. (for more information visit: www.nucleusopleidingen.jouwweb.nl);

F.E.E.L. is educated for and by midwives .et.all. after traumatic birth (see www.ehbb.jouwweb.nl/ouders for some english spoken F.E.E.L.-sessions).

Contact

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