

# Embracing Motherhood

A GENTLE GUIDE TO PREGNANCY,  
BIRTH AND POSTPARTUM



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## INTRODUCTION

# From one mama to another, hello!

I am passionate about women returning to a natural intuitive approach in all things pregnancy, birth and postpartum. My desire is for you to know deeply that God created your body to carry and give birth with grace and beauty. Motherhood is not a "science." It is a beautiful and challenging journey of stepping into the calling God has placed on your life to raise the little ones in your arms. And, I'm here to encourage you and give you all the resources you need to thrive!

I'm married to my best friend, Benjamin and we have three precious sons. I am a lover of Jesus, gardening, dancing & sourdough. I am honored to create a beautiful peaceful home for my family. Put me in the sunshine by the water and I'll forever be happy!



I truly believe that it is time to awaken the mother within and to thrive in the season of life that is so short and all too precious!

*- Hope Noble*

# Pregnancy

## How do we thrive in pregnancy?

The question is: how do we thrive in a season that is filled with everything from nausea, sore breasts, deep fatigue, brain fog, pelvic pain, acid reflux, restless legs to the unmistakable growth of our belly to carry our baby. How do we thrive in this awkward 8–9 month period of time?

Friend, I've been pregnant 7 times (four of our babies are with the Lord) and I can tell you with all sincerity that pregnancy is most definitely one of the most beautiful and challenging seasons. I have never felt more "unlike" myself with all the bodily changes and yet, I have never felt more alive as I know that pregnancy has a purpose. Pregnancy (and birth) can be such a powerful and intimate way we connect with our Heavenly Father and press into His strength. For where we are weak, He is strong!

Thriving in a season of awkward changes means shifting our mindset to the actual purpose of it all. I have to remember this when the nausea is overwhelming and the pelvic pain keeps me from moving as I'd like to. Thriving is also dependent upon us as our bodies will respond to how well we take care of the vessels we have been given to carry our baby.



## My practical wisdom:

- Continue moving your body by walking, stretching, lifting weights, pregnancy safe cardio and through the basic tasks around the house
- Combat the nausea with lemon water, nausea candies and eating lots of little snacks (fav brand: Pink Stork!)
- Journal your thoughts and prayers concerning the pregnancy
- Get as much sunshine as possible for your own mental and emotional well being
- Have some frozen meals on hand for the days that are just difficult to get a meal on the table
- Buy yourself some clothing that you feel beautiful and secure in while pregnant
- As your belly grows and stretches, purchase a belly balm to use every night before bed
- Create a pregnancy playlist for yourself to encourage your heart and keep you focused on the Lord
- Dream of and write down the type of birth that you desire to have with this baby!

CHAPTER I

# Pregnancy – continued

Here is what you can expect in each trimester, however, each woman's experience in pregnancy looks different and that's okay. One of the most important aspects about pregnancy is being at peace with your body – being at peace with how it needs to grow your baby. YOU, dear mama, are fearfully & wonderfully made, also! Don't forget that beautiful truth. Your body knows what it's doing. Lean into that truth.

## 1st Trimester:

Most common first trimester symptoms include:

- **Fatigue:** Hormonal shifts (especially rising progesterone) can make you feel extremely tired.
- **Morning sickness:** Nausea, often with or without vomiting, can occur at any time of day.
- **Breast tenderness:** Your breasts may feel sore, swollen, or tingly as hormones increase.
- **Frequent urination:** Your growing uterus and increased blood flow affect your bladder.
- **Food cravings/aversions:** You might suddenly love or hate certain foods.
- **Constipation or bloating:** Hormonal changes can slow digestion.
- **Mood swings:** Emotional ups and downs are common due to hormonal surges.

## 2<sup>nd</sup> Trimester:

Most common second trimester symptoms include:

- **More energy:** Fatigue from the first trimester usually fades.
- **Less nausea:** Morning sickness often improves or disappears.
- **Growing belly:** Your uterus expands, and your bump becomes noticeable.
- **Breast changes:** Breasts may continue to grow and become less tender.
- **Skin changes:** You might notice a "pregnancy glow," or things like:
  - Darkening of the areolas
  - Linea nigra (a dark line from your belly button to pubic area)
- **Aches and pains:** Some back, hip, or abdominal discomfort as your body adjusts.
- **Nasal congestion or nosebleeds** due to increased blood flow to mucous membranes.
- **Gums may bleed more easily** – good oral hygiene is important.

## 3<sup>rd</sup> Trimester:

- **Bigger belly:** Rapid belly growth as your baby gains weight quickly.
- **Shortness of breath:** As your uterus pushes up against your diaphragm.
- **Frequent urination:** Baby presses on your bladder more.
- **Back pain & pelvic pressure:** From weight gain and loosening joints.
- **Swelling:** Especially in your feet, ankles, and hands.
- **Fatigue:** Sleep may become more difficult due to discomfort and frequent bathroom trips.
- **Braxton Hicks contractions:** "Practice" contractions—mild and irregular.
- **Heartburn & indigestion:** Your stomach is getting crowded!
- **Leaky breasts:** Colostrum (early milk) may start leaking from nipples.
- **Stretch marks & itchy skin:** Skin stretching and hormonal changes.

# Birth

## Looking at birth as an empowering experience.

Mama, you are not a victim to the system of everything concerning birth. I feel so heavily to share with you that birth is the MOST empowering experience we can live out as women. Birthing children has been happening since Eve in the garden and it is the most natural event for women.

I believe wholeheartedly that birth is physical, mental, spiritual and emotional. It's not just a procedure to get your baby into your arms. Birth is a bridge for a mother to be born as well as her baby.

The births of my sons were similar in that they both were un-medicated and vaginal deliveries. However, their births were so drastically different in terms of my preparation and mindset. With my firstborn, Jedidiah, I had no idea what contractions felt like or how to move through them with ease and deep breathing. I felt more panicky during my labor with him. With my second son, Nehemiah, I knew exactly what to expect and how to press into the discomfort. I knew how to visualize my baby coming through the birth canal and being determined to let my body do what God created it to do. My third son was born rapidly at home (and my husband caught him!)

With all three, I felt empowered, which is what I long for every woman.



# Birth – continued

Hey mama, I want to ask you a few questions to ponder over for yourself or to give to someone who is preparing for birth.

1. How would you envision the birth you desire?
2. Describe your birth experience with 5 adjectives.
3. What fears do you need to let go of to take hold of your dream birth experience?
4. Do you believe you have what it takes to walk out the type of birth you desire?

Take these questions to heart and truly ponder them and write out the answers. You will be amazed by how empowered you may feel even after answering these questions.



## Where to give birth?

My first two births were in the hospital. My third was a planned home birth. All were intentionally thought through but none of them went perfectly as I “planned.” One of the most important pieces of wisdom I can give to you, mama, is that no matter where you give birth to your baby, everything will not go as planned. Birth is wild! And part of our growth as mothers is to come to peace with the reality that we’re not as in control as we think we are.

However, you are in control of where you would like to give birth and more importantly, the “team” of providers you have in your corner. Remember that you have hired them to assist you through pregnancy and the delivery of your baby. You have the ability to change your “team” at any point if you feel uncomfortable.

Quick story: With our second son, Nehemiah, we had a “not so nice” nurse in the hospital during those first 2 days postpartum. I wish I knew, then, that I could have requested a different nurse. She put me on edge every time she came into our room and simply requesting a different nurse would have put me and my husband at peace.

### OPTIONS FOR BIRTH:

Hospital Birth  
Birthing Center  
Home Birth

# Postpartum

Just like my birth experiences, I had night and day differences with postpartum. This period of time can be so sacred and beautiful or it can be marked with a lot of frustration and tears. I am passionate about women truly experiencing the wonderment of this very short span of days. The key to success is planning and preparation. Postpartum is not a time to “go with the flow” especially when you have other children to take care of. Postpartum is a time to deliberately plan while you are still pregnant. (All my planning tips are on the next page!)

Here is a solid general idea of what to expect from the first two weeks through 12 weeks postpartum.



## FIRST 2 WEEKS

I understand that everyone’s circumstances are different and therefore, early postpartum period may need to be adjusted. However, whether it be a week to two weeks, it is vital for you to be able to rest as much as possible with having no responsibilities around the house and only managing yourself and baby. Birth is no small job and in order to set yourself up for the best initial healing, you need to rest a lot! A friend told me once, “Your job is to keep baby alive and spouse/family’s job is to keep you alive!”

## 2-6 WEEKS

Slowly start to incorporate daily tasks as able. There is so much around the house that you’re going to need to let go of due to residual pain and exhaustion. My absolute best tip is to set up a chore chart for spouse or family members in order for basic things to still be managed while you are slowly getting back on your feet.

## 6-12 WEEKS

Hormones are finally leveling out (hopefully) and deep brain fog is clearing. This is a period of time in postpartum when things typically get a smidge easier but honestly, everyday is still up and down. Once you’re cleared for exercise, this is a beautiful time to slowly integrate movement again and achieve 1-2 things per day on the to do list.

# Postpartum – continued

## Best advice on how to prepare while you're still pregnant

- On top of any meals that are given to you by family and friends, determine how many other meals you would like to have on hand in your freezer. Would you like to have 1-3 weeks of meals in freezer? What is a realistic amount in terms of how much you can prepare in advance? Suggestion: plan a few frozen breakfast options that are grab and heat up (breakfast sandwiches, baked oatmeal, protein packed pancakes or waffles) in addition to a few options for lunch and dinner
- Create a “chore list” for spouse or family members so that clear communication is set for who is taking care of what during the time mama is out of commission (ex. taking out trash, laundry, clean dishes, feed animals at home, clean bathroom, sweep)
- Make a visible list of family and/or friends who would be willing to help out when needed (and even have that conversation with those people in your life while you're still pregnant)
- Prepare postpartum basket for bathroom and bedside basket that contains all essentials needed so to limit mama's movement all around the house
- Prepare a good amount of snacks before baby is born (whether those are store bought, pre-made and frozen)
- Ensure you have a large water bottle and electrolyte powder mix for water (LMNT is my absolute favorite)
- Purchase or make for yourself postpartum “encouragement cards” that you can read in bed while feeding your baby or changing your baby's diaper
- One of my best tips is to start to embrace the slower pace of life during the last trimester of pregnancy. This shift will help you tremendously in preparing for postpartum that is often quiet and more inner focused as mama focuses on connection with her baby
- If you plan on breastfeeding your baby, take a breastfeeding course and start to familiarize yourself with the knowledge that will be needed to feed your baby with ease and joy (also, contact your insurance to see if you can receive a free or discounted breast pump)

# Scripture To Encourage You

**What does the Word of God say to encourage our hearts during this sacred season of pregnancy, birth and postpartum?**

*Psalm 32:7-8*

For you are my hiding place; you protect me from trouble. You surround me with songs of victory. The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you."

*Proverbs 31:25*

She is clothed with strength and dignity, she laughs without fear of the future.

*1 Thessalonians 5:16-18*

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

*Psalm 139:5*

You go before me and follow me. You place your hand of blessing on my head.

*Psalm 147:13*

For he has strengthened the bars of your gates and blessed your children within your walls.

*2 Corinthians 1:9*

But as a result, we stopped relying on ourselves and learned to rely only on God...

*Philippians 4:11-13*

For I have learned to be content with whatever I have. I know how to live on almost nothing or with everything. For I can do everything through Christ who gives me strength.



# People & Resources To Encourage You

*DISCLAIMER: I am not an affiliate marketer for any of these small businesses. These are simply the best resources I have personally used.*

- [Nourish Move Love](#) YouTube workouts for women
- [GlowBody PT](#) At-home workout programs for busy mamas
- [Mama Natural](#) Pregnancy, babies, parenting & health tips
- [Pink Stork](#) Products for fertility, pregnancy, postpartum & nursing
- [Heart & Soil](#) Desiccated animal organ supplements
- [LMNT](#) Zero-sugar electrolytes
- [Every Life Co.](#) Diapers and wipes
- [The First Forty Days](#) Book about postpartum

# Dear friend,

I hope that this E-Book has served you well by giving you a glimpse into how you can walk into pregnancy with a natural mindset. As I mentioned in the beginning, this sacred season of pregnancy to postpartum is just that: a season. The challenges that come with it are temporary and won't last forever. This is key to understanding so that we may thrive and not just survive.

If you are seeking to take a deep dive into postpartum preparations, I am here to guide you! "Thriving In Your Postpartum" can be purchased and available for immediate download at:

[www.noblemotherhood.com](http://www.noblemotherhood.com)

I would be honored to walk alongside you to ensure that you prepare well in all areas leading up to your baby's birth.

Blessings dear mama,

Hope