



My Plus Size Pregnancy Guide: Stop Googling and Start Feeling Empowered

Jen McLellan

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Having a plus size pregnancy? There's so much misinformation about having a plus size pregnancy that it's hard to know what to truly expect. Can I have a healthy pregnancy? Am I high risk because of my size? When will I start to look pregnant and how can I find cute plus size maternity clothes? Order the My Plus Size Pregnancy Guide today to get all the answers! You'll learn the keys for having a positive and healthy plus size pregnancy! Topics Include ° Embrace your bump and develop a new appreciation for your body ° What's a B belly? (hint: it's completely normal) ° Tips for finding plus size maternity clothes, belly bands, and nursing bras ° Realistic information about increased risks, how to reduce your risks and make informed decisions ° Look at nutrition in a new light ° Physical activity can be fun throughout pregnancy (and I can't wait to tell you how!) ° Game changer: working with a size friendly care provider ° Hiring a doula can make a big impact on your pregnancy ° And so much more! Worksheets & Templates ° Body Love & Body Language ° Maternity Photographer Inquiry E-mail Template ° My Healthy Habits Checklist ° BRAIN Tool ° 15 Questions to Ask When Hiring a Size Friendly Care Provider ° 7 Questions to Ask When Selecting a Hospital ° Doula Inquiry E-mail Template Stop Googling and start feeling empowered today! "This guide is wonderful and I'm grateful to have found it. I've learned things that I never gave much thought to in my first pregnancy, but that have made this second pregnancy much easier, and empowered me to have the pregnancy and birth that I want. It's given me the tools I need to make this my own experience and not fall into the "obese pregnancy" trap that some providers set. Thank you, Jen, for compiling such great resources to keep at my fingertips!" - Megan Nelson "This guide is such an AMAZING resource and is unlike anything else that is out there! It is comprehensive but not overwhelming. It is enjoyable to read while also presenting a wealth of important information. This guide will help women to have more empowered, positive pregnancy experiences by covering all the topics they need to know about to advocate for themselves and understand what is going on with their bodies. I truly feel that all pregnant mamas who are plus size would benefit greatly from reading this guide!" - Jasmine Schrader, Doula & Founder, Earth Mama Empowered Birthing "I think it's really important to talk about the realities of being plus size and pregnant. The options for nursing bras, maternity, belly bands & books are so minuscule that it's insulting. I knew it was frustrating but had no idea until I found myself pregnant and searching for things and answers that didn't exist until I connected with Plus Size Birth. Jen's resources and support helped me throughout my pregnancy." - Tess Holliday, Plus Size Model

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