

PREGNANCY
SERVICES
JOURNEY

Olma



The Oona Pregnancy Services Journey

Every pregnancy is different. That's why Oona is not one-size-fits-all. We treat you as well as your pregnancy and provide services that are catered to your unique situation, no matter how far along you are. Start your parenting journey with Oona.



Your Prenatal Journey



Acupuncture	Chiropractic	Mental Health	Naturopathy	Occupational Therapy	Osteopathy	Pelvic Floor Physiotherapy	Registered Massage Therapy	Workshops and Classes	Other Considerations
4-27 weeks									
<ul style="list-style-type: none">• Gentle, safe, effective treatment for common issues like nausea and fatigue• Consider appointments for constitutional support for a threatened miscarriage• Very effective for hormonal balancing and sleep support	<ul style="list-style-type: none">• Safe, gentle and effective for hip, pelvis, low back, rib, and round ligament pain• Labour prep schedule for optimal fetal positioning and an easier birth: involves regular monthly appointments before week 28	<ul style="list-style-type: none">• Individual and couples counselling• Talk therapy for peripartum mood disorders• Helpful with parenting planning	<ul style="list-style-type: none">• Give your baby the best possible start by optimizing your prenatal health• Individualized nutrition & meal-planning• Supportive care for nausea, heartburn, fatigue• Get tips for diet, lifestyle and supplement management• Effective treatment for hormone balancing	<ul style="list-style-type: none">• Part mental health support, and part life management support, Occupational Therapists work with clients to help them make their lives easier• Work together with our OT to create effective strategies to assist with the changes in your life, routines, and relationships	<ul style="list-style-type: none">• Gentle, safe effective treatment for aches and pains, sleeping issues and digestive support• Osteopaths look at the whole person, not just the area of concern	<ul style="list-style-type: none">• Safe, gentle, effective treatment for hip, low back, wrist and pelvic pain• Effective for incontinence, diastasis recti and pelvic organ prolapse• Book an appointment ASAP if you are experiencing incontinence, a feeling of pelvic “fullness”, or painful sex	<ul style="list-style-type: none">• Effective for relaxation, pain control and to reduce swelling• Consider monthly appointments throughout your pregnancy	<ul style="list-style-type: none">• Join us for prenatal yoga and fitness• Take a look at our childbirth education classes• Check out our Free Doula Info night workshop or get in touch with us for more information	<ul style="list-style-type: none">• Consider hiring a labour doula for your best birth - we recommend looking into this early in your second trimester, as they book up early.• Remember to take a good quality prenatal vitamin (ask us for a recommendation)• Compression stockings and other supports are available in our studios and may be covered by your insurance
28-40 weeks									
<ul style="list-style-type: none">• All pregnant patients should begin acupuncture at week 36 for cervical ripening for a more efficient labour• Effective treatment for pregnancy-related swelling• Treatment for breech and transverse babies (in conjunction with chiropractic)	<ul style="list-style-type: none">• Labour prep schedule for optimal fetal positioning and an easier birth: bi-weekly from weeks 28-36, then weekly• Treatment for breech/transverse/posterior babies begins around week 33-34	<ul style="list-style-type: none">• Continued care to ensure a smooth transition to parenthood and to help manage your mood and relationships	<ul style="list-style-type: none">• Continued nutritional and constitutional support• Continued care for nausea, heartburn, fatigue• Homeopathic induction protocols available	<ul style="list-style-type: none">• Continued care to ensure you have systems and processes in place to manage your everyday activities and life transitions	<ul style="list-style-type: none">• Continued care for treatment of your aches and pains• Treatment for breech and transverse babies, beginning around week 33-34	<ul style="list-style-type: none">• All pregnant patients should be seen between weeks 28-32 for labour prep and education around optimal pushing practices• If you are experiencing any symptoms of incontinence, book an appointment immediately	<ul style="list-style-type: none">• A great option for lymphatic drainage if you are feeling puffy/swollen• Continue regular appointments throughout your pregnancy for wellness and relaxation	<ul style="list-style-type: none">• Newborn Care 101 – learn how to care for your newborn• Breastfeeding 101 – if you are planning to breastfeed, this class is a must-take• Infant CPR – don’t take this until your little one is about to start solids• Make sure you complete your Childbirth Education Class by week 37/38 (but not sooner)	<ul style="list-style-type: none">• Prepare for your birth and postpartum with our favourite products, available in our studios• If you haven’t yet booked a labour/birth doula, make sure to inquire as early as you can• Inquire about a postpartum doula for at-home help during the transition through the early newborn phase

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