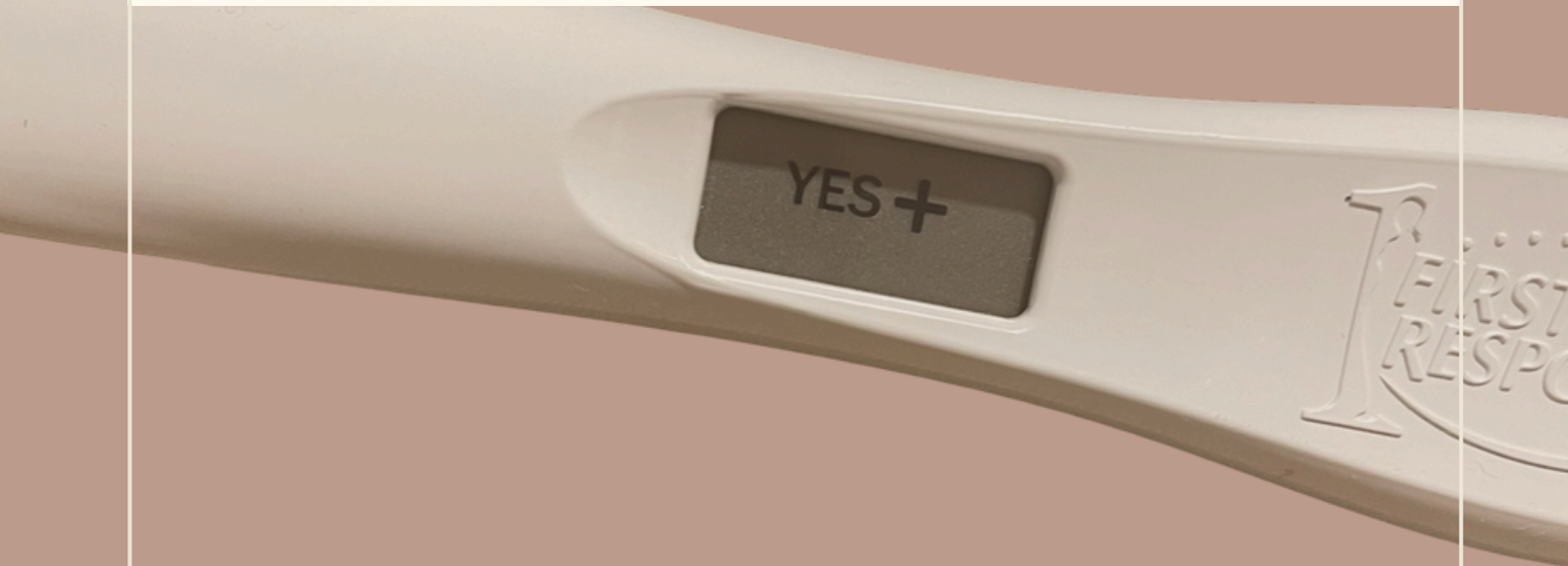


So, you're pregnant, now what?

A gentle first-fortnight companion for the moment everything changes - what to do, what to leave, and what's actually true about those very early days.

A LITTLE BLOOM HERBS GUIDE

By Caitlin ~ Clinical Herbalist & Holistic Nutritionist



A NOTE FROM CAITLIN



First - breathe.

If you're reading this, you've just seen those two little lines (or three, depending on the test). Whatever this moment is for you - long-awaited, completely unexpected, joyful, terrifying, all of the above at once

I want to say first: take a breath.

You don't need to do everything today. You don't even need to do most things this week. The internet is about to throw a thousand "must-dos" at you. Most of them can wait.

This little guide is the gentlest possible starting point. The few things actually worth thinking about in the first fortnight, what's normal to feel, and where to turn when you want more.

Take what feels useful. Leave the rest.

And know that whenever you're ready for personalised support, you can book a free 10 minute chat [here](#), to see if we're the right fit.

Caitlin xx

Bachelor of Complementary Medicine, Advanced Diploma Western Herbal Medicine,
Fertility Awareness Practitioner, Integrative Obstetrics Practitioner

What actually matters now

Here's the short list. Not everything has to happen in week one - most of these can wait until you've had a chance to sit with the news.

In the first few days

- Tell one trusted person (or no one - also fine).
- Take a breath. Drink some water. Eat something nourishing.
- If you're not already on a quality prenatal with active folate (5-MTHF), start one.
- Stop alcohol. Reduce caffeine to one weak coffee a day.

In the first two weeks

- Book a GP appointment to organise initial blood tests and discuss care options.
- Begin considering your care path - public hospital, midwifery group practice (MGP), private midwife, private obstetrician, home birth.
- Start choosing low-tox swaps where easy - water bottle, skincare, cleaning products. Slow swaps, not panicked overhauls.
- Add small, frequent, protein-rich meals to your day. Nausea hasn't started for many women yet, but blood sugar steadiness now helps prevent it later.
- Allow yourself to rest more than usual - even before the fatigue arrives.

WHAT CAN WAIT

You don't need to: announce on social media, buy anything, decorate a nursery, finalise a birth plan, or have all your supplements perfectly dialled in. Truly. Pace yourself.

What's normal to feel

The first few weeks of pregnancy are physically and emotionally enormous. Almost everything you're experiencing is normal - but here's a quick guide so you know.

Physically, often

- Tender, heavier breasts. Often the first sign.
- Fatigue, more deeply than you've ever known.
- Increased thirst and frequent urination.
- Mild cramping or twinges in the lower abdomen as the uterus stretches.
- Heightened sense of smell. Sudden food aversions.
- Nausea (typically begins around 6 weeks and peaks 8-10 weeks).

Emotionally, often

- Joy and disbelief, sometimes simultaneously.
- Sudden weepiness over things that don't seem to warrant it.
- Anxiety, particularly if you've experienced loss before.
- A strange sense of being suddenly someone else. This is matrescence beginning.
- Feeling protective of your news in a way you didn't expect.

WHEN TO CALL YOUR GP

Heavy bleeding (more than spotting), severe one-sided pain, persistent vomiting where you can't keep fluids down, fever, or fainting - these warrant a call. Trust your instincts. If something feels wrong, ask.

For the rest of the trimester...

If this little guide has been helpful, my full First Trimester Guide is the deeper companion for the rest of the next thirteen weeks.

THE NEXT STEP

First Trimester Guide

A complete companion for early pregnancy - your appointments and tests demystified, common complaints met with practical herbal and nutritional support, a pregnancy-safe foods reference, what your partner can do to help, and a herbal safety guide.

The guide I wished I had on the day I found out.

[READ THE GUIDE - \\$15](#)

Or, if you're ready for one-to-one support
You can book a free 10 minute chat to see if we're the right fit [here](#).

I hope this guide was helpful, and I wish you well on your journey x