



# Advocacy...

Understanding your rights within the healthcare system is crucial. By equipping yourself with knowledge and assertiveness, you can advocate effectively for respectful and personalized care, fostering a more empowering birth experience.

**B I G O F A T**  
PREGNANCY



# Confidence...

Cultivating confidence in your body's ability to nurture and birth is empowering. Affirming your inherent strength and seeking supportive resources reinforces a positive and self-assured pregnancy journey.

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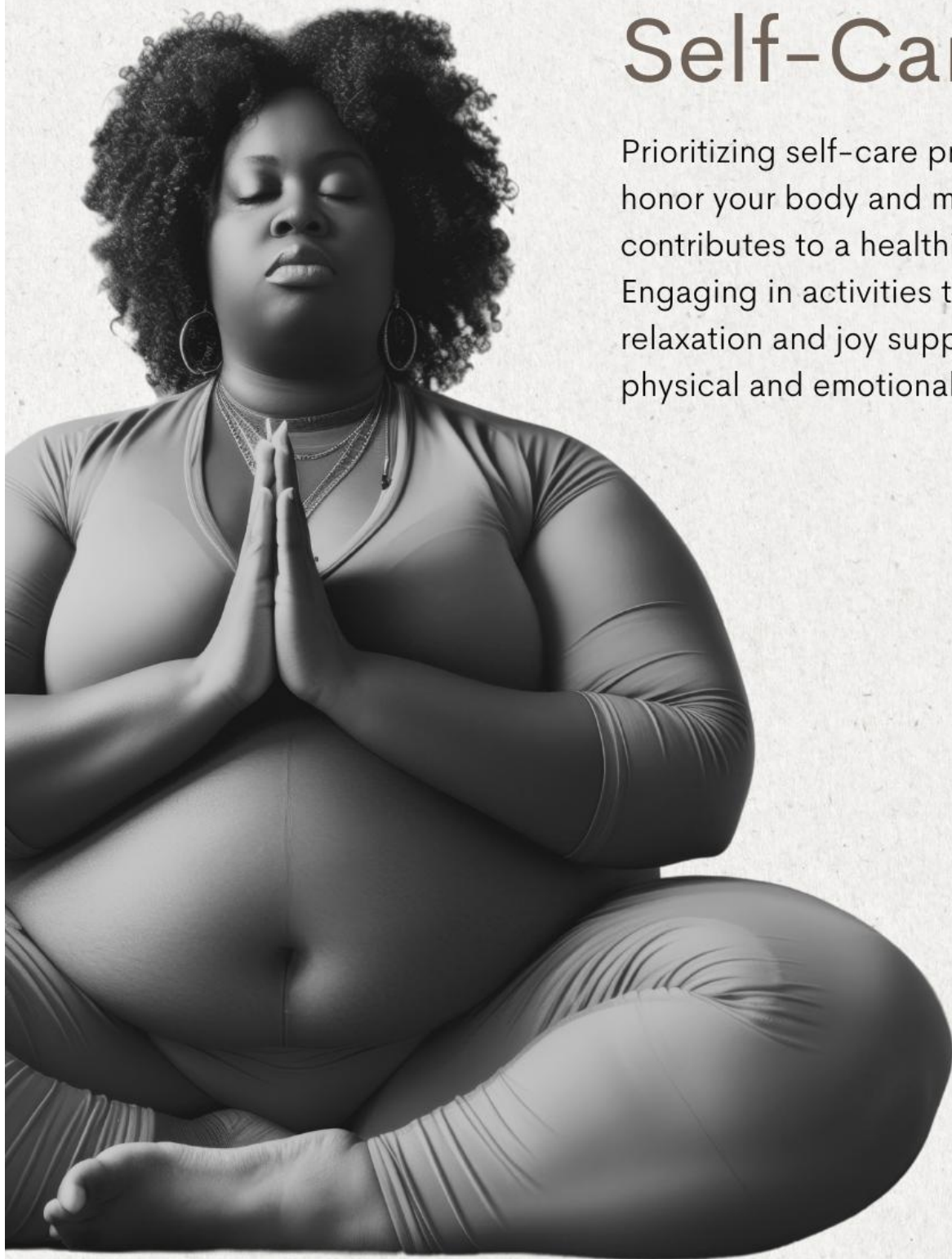
## Community...

Connecting with others who share similar experiences can provide invaluable support. Engaging in communities that celebrate diverse bodies helps combat isolation and reinforces the normalcy of varied pregnancy journeys.

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## Self-Care...

Prioritizing self-care practices that honor your body and mind contributes to a healthier pregnancy. Engaging in activities that promote relaxation and joy supports both your physical and emotional well-being.





# Preparation...

Comprehensive preparation tailored to your unique needs can alleviate anxiety. By addressing specific concerns and planning proactively, you set the stage for a more confident and positive birth experience.

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## Support...

Building a network of supportive individuals, from healthcare providers to peers, is essential. Surrounding yourself with those who respect and understand your unique experience enhances your overall well-being during pregnancy.

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## Education...

Educating yourself about the nuances of plus-size pregnancy enables informed decision-making. Accessing accurate information tailored to your experience ensures you are well-prepared and confident throughout your journey.

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**P R E G N A N C Y**



# Empowerment...

Embracing your body's capabilities and trusting its wisdom is vital. Recognizing your strength and resilience fosters a sense of empowerment, leading to a more fulfilling pregnancy and birth journey.

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You deserve care that  
meets you where you are.

*What if you didn't have to  
fight to be heard?*



*Who gets to decide  
what's best for your body?*

**You do. Trust yourself.**



The way you  
birth should be  
your decision.



**Your body is  
not a problem  
to be solved.**



You deserve  
respect, support  
and safety—just  
as you are.



your needs matter  
speak up  
take up space



Your voice matters.  
Speak up, ask  
questions, and  
demand the support  
you need.



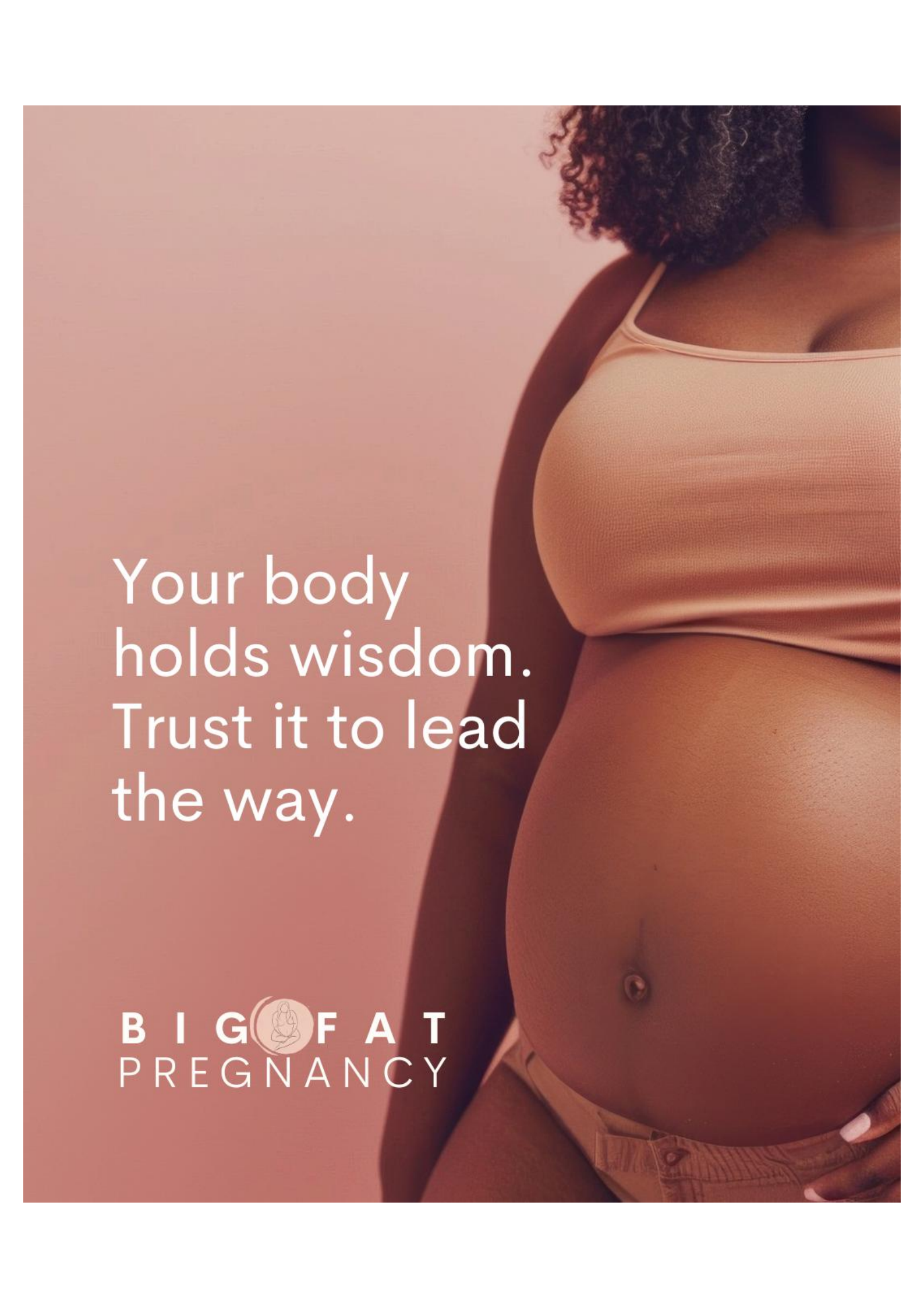
*Christina & Emily*  
*xxxx*

Your body is not  
the problem. The  
system is. You  
deserve care that  
respects you.



*Christina & Emily*  
*xoxo*





Your body  
holds wisdom.  
Trust it to lead  
the way.

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PREGNANCY



Your experience  
is real and valid.  
You don't have  
to justify your  
needs.

**B I G  F A T**  
**PREGNANCY**

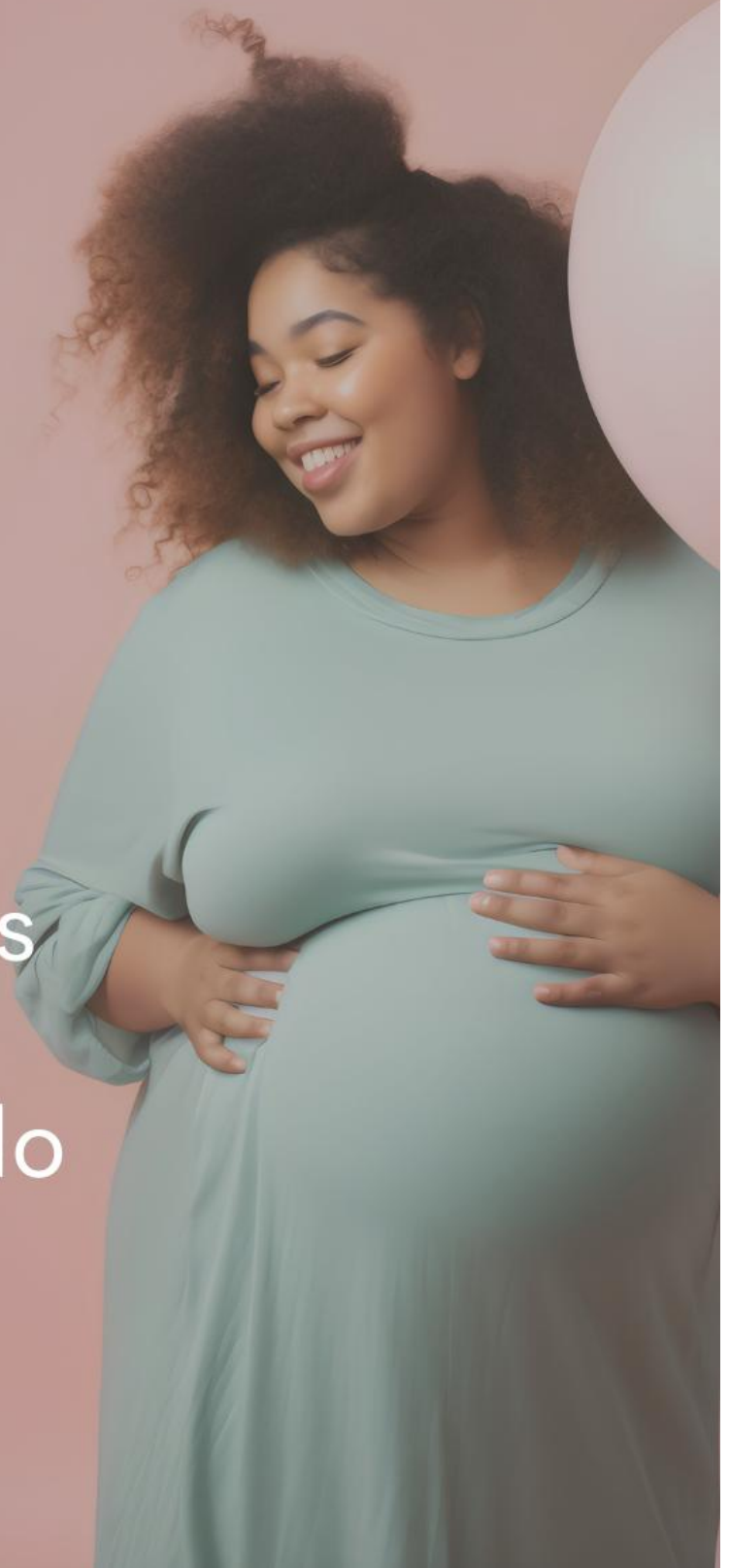


Your instincts  
matter. You  
deserve to be  
heard.

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You deserve  
care that trusts  
your body as  
much as you do

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**B I G O F A T**  
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B I G  F A T  
P R E G N A N C Y



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**PREGNANCY**