

Perelel x Good+Foundation

Alongside your Perelel prenatal vitamins, prepare yourself for pregnancy, birth and postpartum with expert-backed educational videos and worksheets to guide you through every shift and milestone.

Program Overview

Introduction

Meet your host, doula and birth educator Erica Chidi, and learn what you can expect from these videos and worksheets.

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1st Trimester Resources

The First Few Weeks

Discover how to navigate a range of emotions, bodily sensations, and support options during your first weeks of pregnancy.

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The Soothing Power of the Vagus Nerve

Learn about the vagus nerve and how toning it can help you feel more anchored in your body during pregnancy and beyond.

[Listen Now](#)

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Protecting Your Birth: A Guide for Black Mothers

Learn how to access support and advocate for yourself and your baby.

[Watch Now](#)

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2nd Trimester Resources

Birth Preferences

Unpack the range of birth preferences you can build into your birth experience—wherever you choose to birth.

[Watch Now](#)

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3rd Trimester Resources

How To Breathe

A simple exercise to guide you through labor.

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[Learn More](#)

Signs and Stages of Labor

Prepare for your experience and understand what to expect during the process.

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Informed Consent

Consent = comfort. Explore how to utilize it to help support your pregnancy care and birth experience.

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Postpartum Resources

Negotiating Your Needs as a New Parent

Learn how to effectively advocate for your needs and preferences postpartum.

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Feeding Basics

Whether you're breastfeeding/chest-feeding or bottle-feeding, learn the skills and strategies you need.

[Watch Now](#)

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