

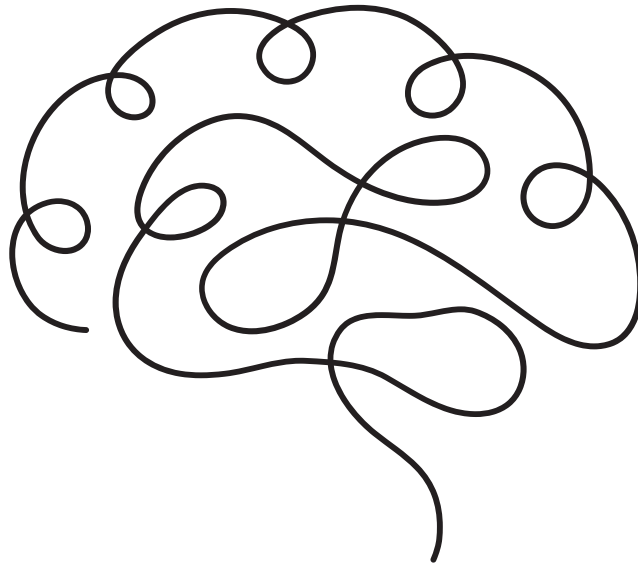
# SEROTONIN SUPPORT

in Pregnancy



For an ADHD Brain

# WHY THIS NEUROTRANSMITTER MATTERS — AND WHAT YOU CAN DO TO SUPPORT IT.



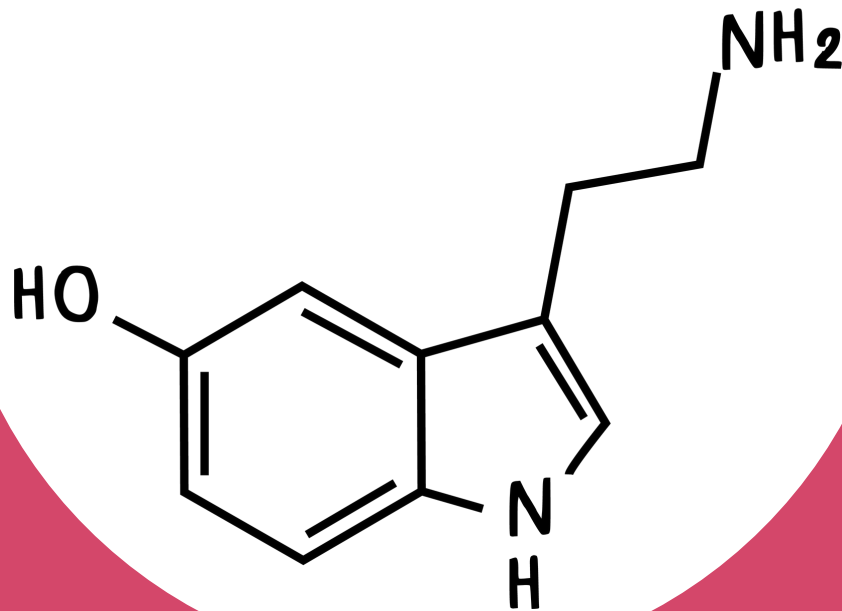
Serotonin plays a key role in mood, sleep, digestion, and emotional regulation — and its impact becomes even more important in pregnancy.

If you're pregnant and living with ADHD, the combination of hormone changes and serotonin disruption can feel overwhelming — but there are gentle, supportive steps you can take.

This guide is here to help.

# SEROTONIN 101 — WHY IT MATTERS

## Serotonin



- Serotonin affects mood, sleep, appetite, and sensory processing.
- It's made from tryptophan — an amino acid you get from food.
- Most of your serotonin (90%!) is made in the gut, not the brain.
- In ADHD, serotonin processing is often disrupted, especially with co-occurring anxiety, depression, or gut issues.
- Pregnancy alters serotonin levels — which may affect emotional regulation and bonding.

# SUPPORTING YOUR SEROTONIN SYSTEM

## **Nourishment**

- Eat tryptophan-rich foods (e.g. oats, bananas, turkey, seeds, tofu).
- Include B vitamins, omega-3s, and magnesium.
- Aim for small, regular meals to stabilise blood sugar + mood.

## **Movement & Mood**

- Gentle walking, yoga, or stretching can boost serotonin and reduce overwhelm.
- Sunlight exposure helps regulate circadian rhythms and mood (20 mins daily if possible).

## **Gut-Brain Health**

- Hydrate regularly.
- Add fermented foods or probiotics if tolerated.
- Ask for support with nausea or digestive distress — your gut matters.

## **Track Your Patterns**

- Hormones shift across trimesters — use a mood or energy tracker.
- Tune into what helps vs what drains.

## **Ask for ADHD-Informed Support**

- If you're struggling emotionally, bring up ADHD in appointments.
- Consider a referral for perinatal mental health if you feel persistently low, anxious, or overwhelmed.

# YOU'RE NOT BROKEN



**You are not failing!**

**This is your body asking for support.**

THIS GUIDE WAS CREATED BY  
NEURONATAL® ACADEMY C.I.C

NEURODIVERGENT-AFFIRMING MATERNAL HEALTH



New research links ADHD with disrupted serotonin pathways  
[Jackson et al. 2025](#)