



Our baby's birth
will occur at just
the right
moment and in just
the right way

I trust my body to
grow my baby, and
I trust my body to
birth my baby



My body is
strong enough to
birth this baby



I breathe
slowly and
easily



*I am calm,
I am safe,
I am relaxed*



*Childbirth is a
normal, healthy
event*



*My body is my
friend*



*I trust my body
to labor smoothly
and effectively*

*I trust my instincts
and will make good
decisions*



*My baby and I
are working
harmoniously
together.*



*I become more
powerful with
each contraction*



*I fully feel the
force of new life
within me*

*I am celebrating
the birth of my
child*



*I am giving our
baby the very
best start in life*



*My baby is
strong and
healthy*



*Birth is a
beautiful and safe
experience*

*I am surrounded
by a loving and
supportive
environment*



*My baby knows
exactly what to
do*



*I am relaxed and
happy that I will
soon meet my baby*

*I envision a smooth
and easy birth*



My mind is
relaxed

My body is
relaxed



I feel safe
I feel confident
I feel strong



My body is free
of tension, fear
and pain



I breathe to
eliminate tension

*I turn my birthing
over to my body
and my baby*



*I am prepared to
meet any
challenges my
birthing journey
takes*



*I am a strong
woman*



*I see my baby
coming smoothly
from my womb*

My baby gives me
the strength to do
anything



With each amazing
wave, I am letting
go more easily



I see my breath as
energy for my
body



I accept that I
cannot control all
aspects of birth

*I accept the
unknown nature of
birth*



*I meet each surge
only with my
breath; my body
is completely
relaxed*



*I welcome my
baby with love,
happiness and joy*



*Birth is miraculous
however it happens*

*My body is
strong and
healthy*



*We are grateful for
this powerful
experience*



*Soon I will meet
my baby*



*I am able to adapt
to unexpected
situations*

*I will make the
best decisions I
can with the
information I have*



*I trust my support
system to help me
navigate challenges*



*I accept my fears
and apprehensions*



*I trust my care
providers to keep me
and my baby safe*

*This is where I
am supposed to
be*



*I am strong
I am determined
I am a mother*



*I could not love
my baby more*

*I trust my partner
to support us
through labor and
birth*



*I am not
alone*



*I am allowed
to be scared*



*My baby
is safe*

I can do this

