


Birth Affirmations




I am
calm
and in
control



Each surge brings my
baby *closer* to me

I am content
with the type of birth
my baby needs



My body, my baby and
I are working as a team

I can do
anything
for one minute

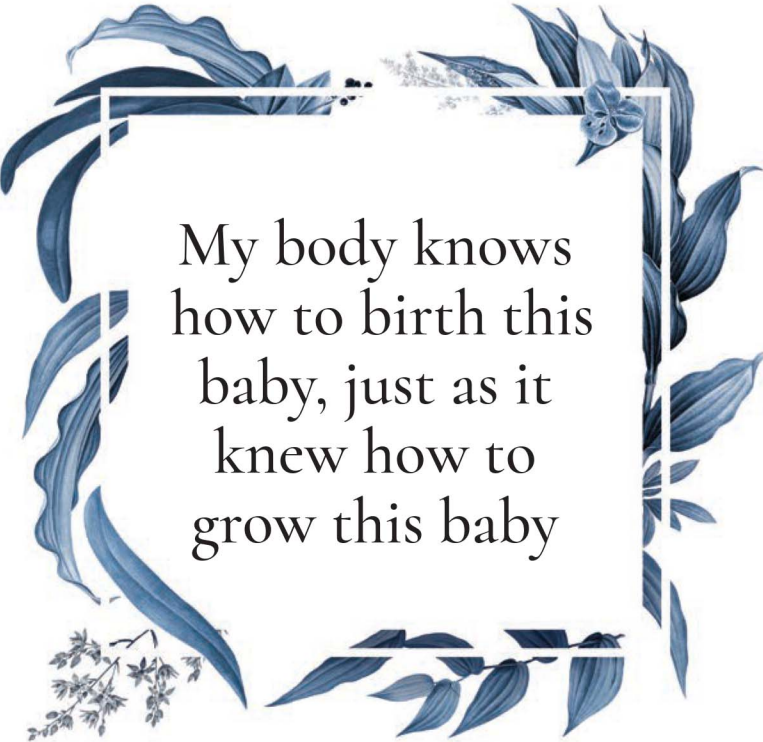


My courage is
stronger
than my fear


My body knows how
to give birth



Birth is miraculous
however it happens



My body knows
how to birth this
baby, just as it
knew how to
grow this baby



The pain that I'm feeling
cannot compare to the
joy that's coming

My birth will be
amazing and joyous

I relax my body
so it can release my baby



There is
nothing
to fear