

Birth Affirmations

Encouragement for a positive labour and delivery

My *body* will progress at its own pace; my body *knows* what to do.

With every contraction, your body is closer to being in our arms.

I am okay. My baby is okay. I am safe. My baby is safe.

I CAN do this. I AM doing this.

My body is made to do this.

Labour is hard work, not impossible work.

This will not last forever.

Each contraction is a contraction I never have to have again.

Relax, relax, relax...the more I can relax the easier this will be.

My body and my baby know what to do.

This is temporary.

Birth Affirmations

I am strong. My body is strong. My baby is strong.

Women have gone before me and women will go after me.

Even though I feel overwhelmed, I can still do this.

Each surge brings my baby closer to me.

I will meet my baby soon.

It's not pain, it's progress.

I relax my jaw. I quiet my mind. My body will open. My baby will come.

My body knows how to have this baby just as my body knew how to grow this baby.

Relaxed jaw soft cervix.

I trust my body. It knows what to do.