

Birth Affirmations

- *Birth is a completely safe experience.*
- *I love my body and gain faith in it every day.*
 - *I deserve positive birth experiences.*
- *My body labors effectively and releases my baby at exactly the right time.*
 - *I feel confident that I will labor and give birth.*
 - *I know my baby feels our calmness and confidence.*
- *My baby's head fits perfectly through my pelvis.*
- *With each contraction my baby is moving down through my pelvis.*
 - *I have energy and stamina to birth this baby.*
- *I trust my caregivers and partner and feel safe to birth my baby.*
- *My uterus is contracting, by itself, and is working to bring my baby out.*
 - *I will breathe deeply and slowly to relax my muscles making it easier for my uterus to work.*
 - *I feel the strong waves of labor and know that everything is normal and progressing.*
 - *I am in rhythm with my body.*
- *I will surrender to the contractions and relinquish control of the forces within my body.*
 - *I am confident in being a mother/parent.*
- *Just as my baby is a great gift, so is the experience of labor and birth.*