

## **Birth Affirmations**

- I will have a strong and healthy baby
- I trust my body to know how to birth this child
- I trust my instincts to know what I need in labor
- I trust my instincts to do what is best for my baby
- I am a strong and capable woman
- My body knows how to birth my baby
- I trust my instincts
- Babies are born when they are ready, not when doctors, midwives or anyone decides.
- My body is indeed beautifully and wonderfully made
- It's good for me to take care of myself.
- I have to be truthful with myself
- Listen to my body and heart
- I deserve to have the birth I desire
- I trust my body
- I trust my pain
- I trust my labor
- I trust in my baby
- I am a strong and capable woman
- I am a powerful, loving and creative being
- I am now willing to experience all my feelings
- My pelvis releases and opens as have those of countless women before me
- I accept myself completely here and now
- I now feel inner peace and serenity
- I accept this labor as my labor and believe it is the right one for me and for my baby
- I love and accept my body completely
- I accept all my feelings as part of myself
- I feel the love of others around me

- My baby knows all is well
- My heart knows what my baby needs, my mind is learning
- I am a powerful, loving and creative being
- I accept myself completely here and now
- I now feel inner peace and serenity
- I accept all my feelings as part of myself
- Good strong contractions help my baby come into the world
- I embrace the concept of healthy pain
- I have enough love to go around, the universe always provides
- I am strong, confident assured and assertive
- My body contains all the knowledge necessary to give birth to my baby
- My baby knows how and when to be born
- Birth is a safe and wonderful experience
- My baby will be born healthy and at the perfect time
- Birth is a safe and wonderful experience.
- I know my baby feels our calmness and confidence.
- I trust in my ability to give birth.
- My body knows exactly what it is doing.
- I am confident in my ability to birth naturally, painlessly and easily.
- During labor and birth, I am completely relaxed and comfortable.
- I will have an uncomplicated, peaceful, joyous and pleasurable birth.
- My baby is healthy.
- I am completely cooperating with my body.
- I will breathe deeply and slowly to relax my muscles making it easier for my uterus to work.
- My body is made to give birth, nice and easy.
- I believe my baby's birth will come quickly and easily.
- My body is completely relaxed.
- All I need to do is relax and breathe – nothing else.
- Everything is going right.

- I feel the strong waves of labor and know that everything is normal and progressing.
- I relax my mind and muscles.
- My body knows how to have this baby just as my body knew how to grow this baby.
- Keep breathing slow and even. Inhale peace, exhale tension.
- Keep my mind on acceptance and surrender.
- I surrender my birthing over to my baby and my body.
- My body has a wide-open space for my baby to descend.
- My body will give birth in its own time.
- I love my baby and I am doing all that is necessary to bring about a healthy birth.
- Birth is an easy and natural occurrence for which my body has been perfectly designed.
- The strength of my uterine contractions is a sign of my feminine strength.
- I surrender to the contractions and relinquish control of the forces within my body.
- I allow my body's natural anesthesia to flow through my body.
- The power and intensity of my contractions cannot be stronger than me, because it is me.
- I am ready and prepared for childbirth.
- My job is to simply relax and allow the birth to happen.
- Just let my body do it; let it happen.
- I see myself handling everything beautifully.
- Each contraction produces a healthy, positive pain that I can handle.
- Birth will go exactly as it should.
- If in doubt, breathe out
- The power and intensity of your contractions cannot be stronger than you, because it is you.
- My body knows how to give birth.
- My baby knows the true birthday.
- Birth is safe for my baby and me.
- My baby will be born at the perfect time.
- My body knows when to give birth.

- I am a good mother.
- My baby will find the perfect position for birth.
- I love my baby.
- My baby loves me.
- I am a strong woman.
- Contractions help to bring my baby.
- I will make the right decisions for my baby.
- My baby senses the peace I feel.
- I accept the help of others.
- My baby's head fits snugly into my pelvis.
- I accept my labor and birth.
- I am surrounded by those who love and respect me.
- I trust my body.
- This is what I want. I can do it.
- My body knows how to give birth and I will let it!
- My contractions are massaging my baby and hugging it.
- My cervix is opening with each contraction.
- Childbirth is a normal, healthy event.
- I can have a healthy, positive birth.
- The power of birth strengthens me.
- I am calm and relaxed, every part of me is limp and loose
- My baby shares my calmness and confidence
- I welcome each contraction with my breath.
- Every contraction brings me closer to the birth of my baby
- My cervix is opening, like a flower
- My pelvis is flexible and open
- My baby is in the perfect position for birth
- This day, hour, and minute is sacred and blessed
- Birth is a safe and wonderful experience.
- I will give birth without complications.
- I am not afraid.
- I know my baby feels my calmness and confidence.
- I trust in my ability to give birth.
- My body knows exactly what it is doing.
- I am confident in my ability to birth naturally, painlessly and easily.
- During labor and birth, I am completely relaxed and comfortable.
- I will have an uncomplicated, peaceful, joyous and pleasurable birth.
- My baby is healthy.
- I am completely cooperating with my body.
- I will breathe deeply and slowly to relax my muscles making it easier for my uterus to work.
- My body is made to give birth, nice and easy.
- I believe my baby's birth will come quickly and easily.
- My body is completely relaxed.

- Everything is going right.
- I feel the strong waves of labor and know that everything is normal and progressing.
- Courage, faith and patience.
- My body knows how to have this baby just as my body knew how to grow this baby.
- Inhale peace, exhale tension.
- I surrender my birthing over to my baby and my body.
- My body has a wide-open space for my baby to descend.
- My body will give birth in its own time.
- I love my baby and I am doing all that is necessary to bring about a healthy birth.
- Birth is an easy and natural occurrence for which my body has been perfectly designed.
- The strength of my uterine contractions is a sign of my feminine strength.
- I have the energy and stamina to birth my baby.
- I am not afraid.
- The power and intensity of my contractions cannot be stronger than me, because it is me.