

*My body is beautiful
and strong*

*My body knows how to
birth my baby
My baby knows how to
be born*

*Nothing can stop the
power of a made up
mind!*

*I love and trust my
partner to support me
through this*

*Each wave brings me
closer to meeting my baby*

*Breathe in calm,
breathe out
tension*

*The more relaxed I am
the more I can open up*

*My job is to simply relax
and allow the birth to
happen*

*My courage is
stronger than my fear*

*It always seems
impossible until
it's done*

Melt
My response to pain is
melting around it

My body is
limp and loose

I CAN
do anything for a minute!

Trust - when I hit the
wall & think I can't go
further, that means the
baby's almost here

I am a strong and
capable woman; I trust
my instincts to know what
I need for my labour

I trust my body
knows exactly what it
is doing

The pain is not stronger
than me, it is me

My job is to simply relax
and allow the birth to
happen

RELAX
open open open

This is just one day, I can
do anything for a day

*I believe my baby's
birth will come
quickly and easily*

*Release,
Relax
Let go*

*I am ready and prepared
for my
birthing experience*

*My baby's size is perfect
for my body*

*My body opens,
my mind quiets,
my baby descends*

Soften, open, release

*I trust in my ability to
birth my baby*

*Each surge brings my baby
closer to me*

*I am so strong
I can do this*

*Know that the collective
power of women
worldwide will be with you*

300,000 Women are
giving birth with me
today

I believe in my power
to birth my baby

Each contraction is a Gift
as it brings my baby
down into my arms

I Can and I Will

One breath at a time,
One contraction at a time

The moment I am ready to
quit is the moment right
before the miracle happens

My body will give birth
in its own time
I will give birth my way

Each wave brings me
closer to the end of my
birth journey

I have everything it
takes to birth my baby

My baby's size is
perfect for my body