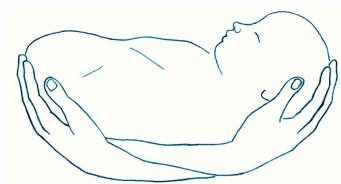


Affirmations for Pregnancy, Labor, and Birth

From:<http://naturesblossombirth.com/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 trust my body
- I trust my pain
- I trust my labor
- I trust in my baby
- 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



Affirmations for Pregnancy, Labor, and Birth

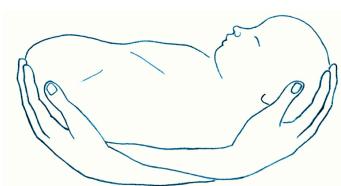
- I believe my baby's birth will come quickly and easily
- My body is completely relaxed
- All I need to do is relax and breathe – nothing else
- Everything is going right
- I feel the strong waves of labor and know that everything is normal and progressing
- I relax my mind and muscles
- My body knows 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 is perfect
- 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 soften 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

From:
<http://www.alabouroflove.ca/info/affirmations/>

Birth Affirmations for Pregnant Partner

- Each wave of labor brings my baby closer to being in my arms
- I embrace this as healthy pain and this will pass
- I believe in my body
- Birth is a safe and wonderful experience
- My baby will be born healthy and at the perfect time
- My pelvis releases and opens as have those of countless women before me
- My uterus is working well to bring the baby down and out of the pelvis...there is plenty of room for my baby to pass through...easily, effortlessly and comfortably
- I am safe and my baby is safe when the sensations are strong
- "When you change the way you view birth, the way you birth will change." ~Marie Mongan
- "Muscles send messages to each other. Clenched fists, a tight mouth, a furrowed brow, all send signals to the birth-passage muscles, the very ones that need to be loosened. Opening up to relax these upper-body parts relaxes the lower ones."

~William and Martha Sears



Affirmations for Pregnancy, Labor, and Birth

- My contractions are not stronger than me because they ARE ME – Ina May gaskin
- Our mouths are directly connected to the cervix. Relaxed jaw, relaxed cervix. – Ina May Gaskin

Affirmations for Supporting Partner

- I see my partner as a strong and capable person, and this does not threaten me
- I am supporting her during her labor, even when she is in pain
- I am expressing my love to my partner easily and frequently
- I am accepting feelings of helplessness
- I am sensitive, tender, open, and trusting
- I am feeling the love that others have for me when I need support
- My mind and body can handle a labor of any kind
- I will have a strong and healthy baby
- I am taking care of myself during this pregnancy

