

## ***Birthing Affirmations***

- ❖ *I trust my body to know what it is to do.*
- ❖ *I feel confident, I feel safe, I feel secure.*
- ❖ *My mind is relaxed; my body is relaxed.*
- ❖ *My muscles work in harmony to make birthing easier.*
- ❖ *I breathe comfortably & eliminate tension.*
- ❖ *I release my birthing over to my body & my baby.*
- ❖ *My body remains still & relaxed.*
- ❖ *My body is made to do this.*
- ❖ *This present moment is all I have to be with.*
- ❖ *My body is relaxed & resilient.*
- ❖ *I consciously relax my face, my body, and my pelvic floor.*
- ❖ *My body will progress at its own pace; my body knows what to do.*
- ❖ *My body knows how to birth our baby.*
- ❖ *My body knows how to have this baby, just as it knew how to grow this baby.*
- ❖ *I trust my instincts to know what I need in labor.*
- ❖ *Each rush of birth energy is an interesting sensation requiring my complete attention.*
- ❖ *I accept this labor as my labor & believe it is the right labor for me & for my baby.*
- ❖ *I put all fear aside & trust my body as my labor unfolds.*

## ***Birthing Affirmations***

- ❖ *Trust your body to know what it is to do.*
- ❖ *You are confident, You are safe, You are secure.*
- ❖ *Your mind is relaxed; Your body is relaxed.*
- ❖ *Let your muscles work in harmony to make birthing easier.*
- ❖ *Breathe comfortably & eliminate tension.*
- ❖ *Release birthing over to your body & your baby.*
- ❖ *Your body remains still & relaxed.*
- ❖ *Your body is made to do this.*
- ❖ *This present moment is all you have to be with.*
- ❖ *Your body is relaxed & resilient.*
- ❖ *Consciously relax your face, your body, and your pelvic floor.*
- ❖ *Your body will progress at its own pace; your body knows what to do.*
- ❖ *Your body knows how to birth your baby.*
- ❖ *Your body knows how to have this baby, just as it knew how to grow this baby.*
- ❖ *Trust your instincts to know what you need in labor.*
- ❖ *Accept this labor as your labor & believe it is the right labor for you & for your baby.*
- ❖ *Put all fear aside & trust your body as your labor unfolds.*
- ❖ *You are surrounded with love and support. It is safe to ask that your needs to be met.*