

Birth Affirmations

- My baby's birth story hasn't been written yet.
- We have a blank slate.
- I welcome the changes to my body as temporary.
- As I take in new information about my pregnancy and birth, I give myself time to decide what feels true for me.
- I am free to choose what's right for me and my baby.
- I am learning to trust my body to birth in a way that works best for me and my baby.
- I am flexible. I am prepared for change.
- I am preparing for the sensations of labor and birth.
- I am calm, centered and in control as my labor begins. As my labor advances, I return to my breath.
- I let go and my body takes over.
- My body is soft and limp.
- My uterus rises with power and control. I let go.
- Waves of relaxation wash over me. I let go.
- My baby moves down for birth. I let go.
- I'm ready to release my baby and my baby is ready to be born.
- I can feel my baby in my arms. My heart is open.