

## ***AFFIRMATIONS IN PREPARATION FOR AND DURING LABOR AND DELIVERY***

### **ME**

I believe in my ability to birth.

I focus on what I want rather than what I fear.

I am capable and loveable.

I am calm and relaxed.

### **BABY**

Our baby and I deserve a healthy birth.

Our baby feels my calmness and shares it.

Our baby and I are rested and ready for the work we will do.

Our baby is naturally doing what it should.

Our baby is descending naturally. With each contraction our baby descends a little bit more.

Our baby's head fits perfectly in my pelvis.

### **BREATHING/RELAXATION**

My breathing is slow and even.

With each breath I exhale tiredness and breathe in energy.

With each breath I am letting go, letting go my whole bottom and I feel our baby moving down.

My legs, hands and jaw are loose. My bottom and tummy are loose.

All the energy in the universe is available to me now. I let go of tension and tiredness and breathe in energy.

### **CONTRACTIONS**

My uterus is contracting by itself.

With each contraction my cervix is dilating a little bit more.

My abdomen feels as if it were separated from my body. I can watch the contractions come and go as if they were slow waves breaking on a shore.

Our baby and I can rest with [Partner] between contractions.

My vagina stretches tight as our baby's head crowns and then emerges. I think of coolness, coolness.

### **PARTNERSHIP**

[Partner] and I are one in welcoming our child.

[Partner] is supporting our baby and me. It is good for us to work together.

[Partner], our baby and me rest deeply between one contraction and the next.

In a while our baby will be here. [Partner], our baby and I are doing beautifully. Our baby is a special gift.

