

With a companion's support, l can allow my birthing brain and body to take over because I feel safe, comfortable and relaxed

When I realign with my inner



If there is nothing I can do about it right now, then there is no benefit to worrying about it ... ... If there is something I can do ... Then I will do it!



When I practice relaxation, anxiety becomes less pronounced, advice and horror stories fade into the distance and I move forward feeling calm, centred and at peace with my own journey









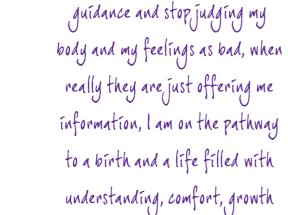
I know that I can do this, I trust my instincts



Each inhalation fills my body with oxygen, feeding all of the cells in my body, Each exhalation lets go of tension and waste products, allowing my muscles and mind to relax







and delight





"Peace does not mean to be in a place where there is no noise, trouble or hard work.

Peace means to be in the midst of all of these things and still be calm in my heart"



When I am relaxed my baby will be too



I welcome my baby
with love and
confidence







I look forward to holding my baby in my arms



Giving birth is powerful and so am l



Myjob is simply
to relax and allow
my body to birth
my baby









My baby will be born gently, calmly and safely



I trust in the instinctive nature of birth



Birth is a safe and wonderful experience for me and for my baby







My baby's birth will be easy because lam so relaxed



All the strength I need is within Me



lam a strong and capable person







My surges will not over power me because they are me, they are my power



Every surge brings me closer to meeting my baby



My birth partner is at my back and has my back





I breathe in a sense
of peace and
breathe out any
tension



llisten to my
body and I do
what it needs me
to do



As labour

progresses, l

become more deeply

relaxed





My baby is the perfect size for my body



My baby will come when my baby is ready



My baby knows
when and how to be
born







The birth of my baby will be beautiful



Relaxing my mind, relaxes my muscles





Where my mind leads, my body follows





I will birth my baby naturally, calmly and comfortably



I trust my body is

perfectly

designed to birth

my baby



My body knows
how to nourish and
grown my baby





I feel calm, relaxed and at ease



I choose to birth
with love and
parent with love



I look forward to birth
as the most wonderful
and empowering
experience







I love and
respect my
pregnant body



I make informed

decisions that are

right for myself

and for my baby



My birth partner is by my side and on my side





Birthis

Miraculous

However it

Happens



Here comes another wave I can ride it



l quiet my mind and let my body birth my baby







I can do

Anything for a minute



Nothing lasts forever

This too shall

PASS



I am built for birth









lam a badass

birthing person

I have this



lam surrounded by

loving, nurturing

support





