

You are doing such a good job.

Everything is going perfectly.

You're such an amazing mother.

You are a strong, beautiful woman.

I'm so proud of you for being so strong.

We can do this together. I will be right here with you every moment.

The stronger the contractions, the closer we are to holding our baby.

Your body knows exactly what to do. Trust yourself.

Just get your mind out of the way and let your body do its work.

You are amazing.

Let your shoulders drop, your jaw and hands relax, and let the contraction wash over you. Don't fight it.

You are taking such good care of our baby.

Remember that this is just your body at work.

You are brave, strong and smart.

You are safe. Our baby is safe. You are okay.

Breathe in slowly and blow away all tension and fear.

I am safe, loved and capable.

My body is healthy. My baby is healthy. My body and my baby work in perfect harmony.

My body is perfectly designed to give birth.

I am strong, capable and confident.

I will surrender to the wisdom of my body.

I will keep my baby safe and healthy and make the best decisions for her.

My baby can feel my love flow to her with each contraction.

I will breathe in slowly and deeply, filling myself with gentleness and relaxation, and blow away any tension and fear.

Just as my body grew this baby safely, I trust my body to bring him safely into the world.

The day my baby is born will be filled with happiness and joy.

I will trust and follow my instincts.

I choose to birth my baby gently, in my own strength and time.

I am safe and surrounded by love and support.

I am a strong, healthy, confident mother who will protect her baby.

I welcome labor as an adventure.

My baby and I work together.