

Affirmations

One of the most interesting things about how labor progresses is how emotions play an important role in labor.

Laboring mothers who are fearful, apprehensive, or under stress may struggle to tune into their bodies and work well with their labor. However, when positive affirmations or encouraging phrases are said to a laboring mother, she will be encouraged and labor can be smoother and in some cases, shorter.

Positive affirmations come in many shapes. But one thing they have in common...they are empowering!

My body was made to do this, so I can.

I am drawing energy from all the women before me to birth my baby.

Childbirth is a normal, healthy event.

My baby and I are working harmoniously together.

My baby and I are grateful for this powerful experience.

I am able to make the best possible choices for a healthy, joyful birth.

The power of birth will strengthen me, my baby, and my partner.

I trust my body to labor smoothly and efficiently.

My body knows how to give birth and I will let it.

I am strong and I can let my contractions be strong.

I am able to labor smoothly.

I am now and will continue to be a great parent to my child.

My baby feels my calmness and shares it with me.

I accept my labor.

I am proud of my body.

I feel the love and support of those who are helping me.

I embrace birth as a miracle that my body can handle.

I believe in my strength and ability.

I feel the strong waves of labor and know that everything is as it should be. Labor is progressing.

I trust my body to give birth just as my body knew how to carry this baby throughout the last nine months.

Keep breathing, relax and accept the power I have in me.

I am strong and can do this. I trust my body to give birth.

I am competent.

I can let go of fear.

I am relaxed.

Don't wait until labor to believe these!