



Affirmations & Visualizations for Birth

Part of your preparation for childbirth should include positive affirmations and imagery. Professional athletes are well-acquainted with the power of visualization to improve performance.

See yourself resting and relaxing in early labour as you patiently allow your labour to establish, then coping with the intensity of active labour, transitioning into pushing the baby steadily downwards, feeling the baby slide out and up to you, then finally birthing the placenta and latching the baby to the breast. It is important to visualize all the parts of your birth flowing together as movements in a single dance. Do this at least twice a day.

The following are some positive affirmations. Pick the ones you like or create others. The point is to bathe your body and mind with messages of strength, encouragement and power about your birth.

Each contraction produces a healthy, productive sensation that is not stronger than I can handle.

I will relax and let birth happen.

I am completely cooperating with my body.

My body will give birth in its own time.

I can do it one contraction at a time.

My body is strong and healthy. Even when my mind is afraid, my body know what to do.

Courage, faith, patience.

**Keep breathing slow and even.
Inhale peace, exhale tension.**

My body has a wide open space for my baby to descend. There is nothing in the way.

My body knows exactly what it is doing.

The strength of my uterine contractions is a sign of MY strength. I can do it.

I surrender to the contractions and relinquish control of the forces within my body.

I trust in my ability to give birth.

Baby feels my calmness and confidence.

I believe my baby's birth will come quickly and easily.

Birth is an easy and natural occurrence for which my body has been perfectly designed

My body is completely relaxed.

Birth hurts, it is hard work, and I can do it.

My body is made to give birth, nice and easy.

I can't rush birth. I will embrace each phase for what it is in the moment.

I surrender my birthing over to my baby and my body.

I am not afraid.

My body knows how to have this baby just as my body knew how to grow this baby

I am confident in my ability to birth naturally, painlessly and easily.