

# Birth Affirmations

**From 35 weeks**—Say these affirmations out loud once a day in a strong confident voice. Perhaps try this after you have practiced your breathing exercises. You may want to put them up somewhere in your home where you will look at them often.

- I trust and tune into my body
- Breathing in I feel strong, breathing out I let go
- The more I relax the more my body softens and expands
- I allow the energy of birth to move through me
- I am centered and strong, breathing in and breathing out
- I take strength
- I am filled with love for my baby
- Each wave is bringing my baby closer to me
- My body relaxes in between contractions and expands during them
- I am in tune with the rhythm of my body
- I imagine the sensations as a pressure nudging my baby down
- My baby is surfing the waves, enjoying the rhythm of labour
- Breathing in and breathing out
- As I breathe in I relax, as I breathe out I let go
- Relax, let go, relax let, go, trust, love and centered