

(Birth) Partner/Dad Affirmations

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 am relaxed and confident about the birth
- I am calm but excited about meeting my baby
- (partners name) knows intuitively what to do and I trust her to do it
- I am confident and assured in my role as protector and nurturer
- I remain calm throughout the labour
- I am in awe at nature's power and ability
- I look forward to the birth
- I welcome this amazing experience
- I am loving and affectionate as she labours and births
- My presence is enough; my presence is strong and powerful

Add your own: