

Pregnancy 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 know that my body is designed perfectly to bring my baby into the world
- I trust and tune into my birth instincts
- As my body grows I enjoy each change knowing that my body is creating the perfect temporary home for my baby
- The closer I get to my baby's birth date the more relaxed I am
- The more relaxed I am the easier it is to feel confident and in control
- When I go into labour I will relax quickly and easily into my rhythm
- I trust that I will know the perfect time to go into hospital/call the midwife
- With each wave/contraction I will be more and more relaxed
- I'm excited but calm as I look forward to my baby's birth
- I know that my body is designed to soften and expand during labour
- The more I relax the more my body will soften and expand
- The more I soften and expand the more quickly my baby will come into the world
- Each wave/contraction will bring my baby closer to being born
- Labour can be intense but I know that I can do it
- I am looking forward to welcoming my baby into the world
- I trust that I will be a wonderful mother