

Positive Birth Affirmations

- My Baby is happy and healthy
- I am excited to give birth to my Baby
- I am ready and prepared for the birth of my Baby
- I trust that my body knows exactly what it's doing
- I do not fight the birth in any way. My body is relaxed.
- My body will give birth in its own time
- During the birth of my Baby, I am completely relaxed.
- Breathing in relaxation, breathing out tension.
- I'm so happy my Baby is finally coming to me
- My body opens easily and naturally
- I relax and let birth happen
- Keep breathing. Find your calm.
- Surrender. Relax. Let go.
- My body and my baby are the perfect team
- Every contraction brings me closer to meeting my baby
- Good strong contractions help my baby come into the world
- I trust my body
- I'm surrounded by loving, nurturing support
- My body is nourishing my Baby perfectly
- Birth comes easily to me
- My Baby knows how to be born
- I have everything I need to birth my Baby
- I feel confident. I feel safe. I feel secure.
- My mind is relaxed. My body is relaxed.
- I love and trust my body
- I deserve and receive all the love and support I need
- I trust my intuition
- I am focused on a smooth, easy birth
- My Baby is in the perfect position for birth