

# Positive Birth Affirmations

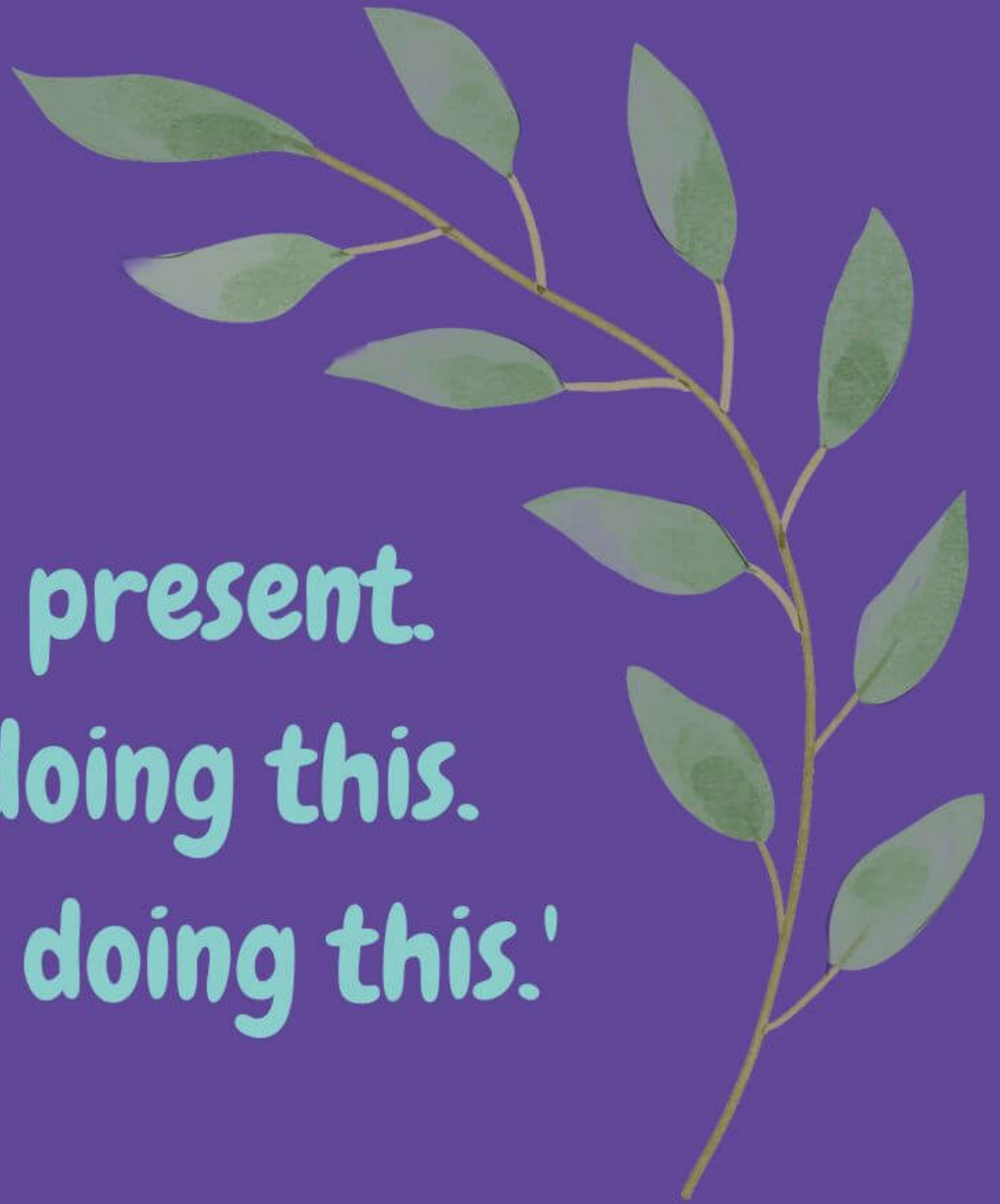


<sup>TM</sup>  Private Midwives

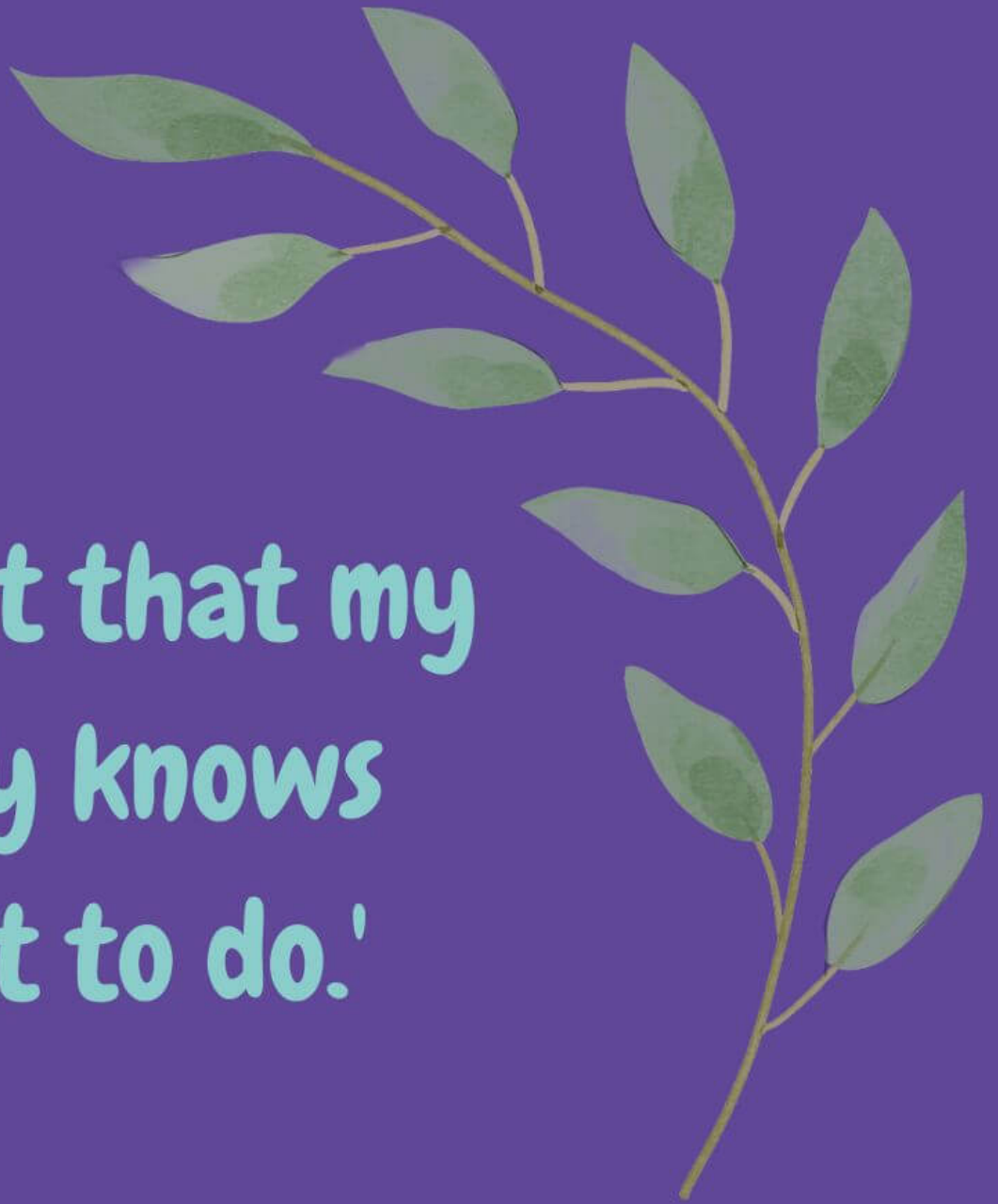
'I trust my  
instincts.'



'I am present.  
I am doing this.  
We are doing this.'



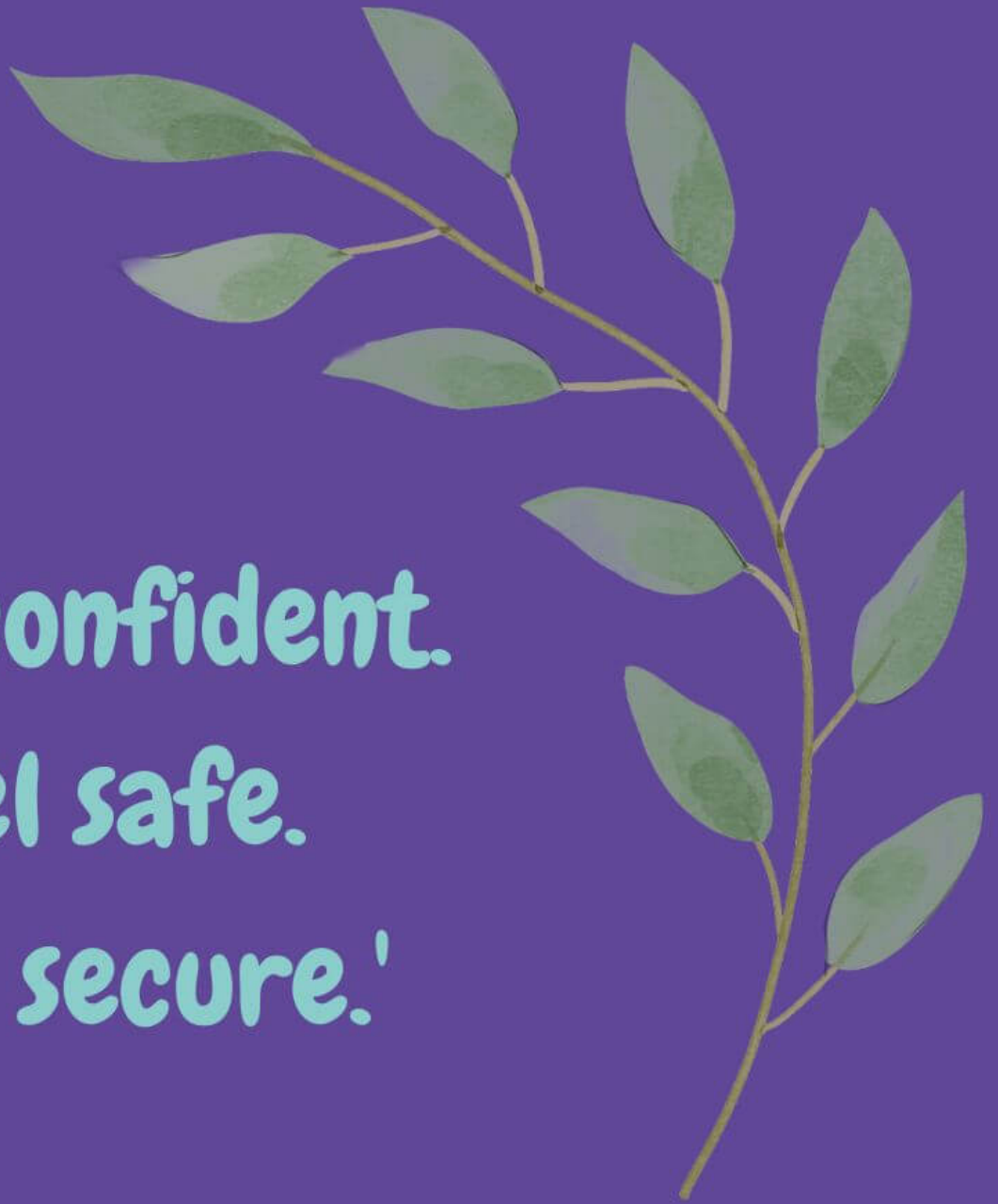
'I trust that my  
body knows  
what to do.'



**'I feel confident.**

**I feel safe.**

**I feel secure.'**



'Each surge  
of my body brings  
my baby closer  
to me.'





**'I am surrounded  
by love and  
support.'**



'I breathe  
deeply and  
I am calm.'





'I am prepared  
to meet whatever  
turns my birthing  
takes.'



'I relax and my  
baby relaxes  
with me.'

