

BIRTH AFFIRMATIONS FOR LABOURER

SAFETY & SUPPORT

- I am safe.
- I am supported.
- I am not alone.
- My body is not failing me.
- My body is working hard for me and my baby.
- I am held, loved and cared for.
- I can soften because I am safe.
- I can lean into the people around me.
- I do not have to do this alone.
- Help is here when I need it.
- I trust myself to ask for what I need.
- I can be powerful and supported at the same time.
- I am surrounded by people who want the best for me and my baby.
- This is my body, my baby and my birth.
- I can take this one moment at a time.
- Right now, I only need to do this breath.

CONTRACTIONS

- Each contraction brings my baby closer.
- Each wave has a beginning, a middle and an end.
- This wave will pass.
- I can do anything for one wave.
- My body is opening.
- My body is doing important work.
- The intensity has a purpose.
- This is powerful, not dangerous.
- I ride the wave instead of resisting it.
- I do not need to fear the next contraction.
- I meet each wave as it comes.
- One contraction/breath/moment at a time..
- Every wave is progress.
- My baby and I are working together.
- My body is helping my baby come to me.
- The surges are not stronger than me because they are me.
- I am not being broken. I am opening.
- This feeling is my baby moving closer

FOR MEETING BABY

- Every wave brings me closer to holding my baby.
- My baby is coming to me.
- Soon I will see his face.
- Soon I will feel him on my chest.
- Soon I will smell his head.
- Soon I will hear his little sounds.
- We have done this together.
- My baby and I are a team.
- He is safe with me.
- I am already his mother.
- I have carried him with love.
- I will meet him with love.
- This is the doorway to our new life.
- My love is bigger than my fear.
- I am ready to meet my baby.
- I am becoming his home on the outside too.
- I trust my body.
- I trust my baby.
- I trust myself.
- I am safe and supported

BREATHING & RELEASE

- Breathe in calm, breathe out tension.
- Breathe, release, let go.
- My breath is my anchor.
- My breath brings me back to myself.
- I soften my jaw.
- I drop my shoulders.
- I release my hands.
- I unclench my body.
- Loose jaw, loose body.
- Soften, open, release.
- I can breathe through anything for one minute.
- Each breath gives me a new beginning.
- I do not need to fight the wave.
- I can let the wave move through me.
- My breath is stronger than my fear.
- I breathe my baby down.
- I breathe space into my body.
- I breathe into the intensity, not away from it.
- My body knows how to release.
- I let go of what I cannot control.

BIRTH AFFIRMATIONS FOR BIRTH PARTNER

NEEDS GROUNDING

- Katya, look at me. You are safe.
- I'm right here. You are not doing this alone.
- Come back to my voice.
- Come back to this room.
- Come back to this breath.
- You do not need to think about the next contraction. Just this one.
- You are safe, our baby is safe, and we are being looked after.
- You are doing exactly what you need to do.
- I've got you.
- I am not going anywhere.
- Let your body be heavy. I'm holding you.
- You don't have to perform. You just have to be here.
- You are allowed to let go now.
- I can see how hard you're working, and you are doing brilliantly.

IF SAY CAN'T DO IT

- You are doing it.
- I know it feels impossible, but you are already doing it.
- You don't have to believe you can do the whole thing. Just believe you can do this breath.
- I believe in you enough for both of us right now.
- You are not failing. This is just really intense.
- This is not bigger than you.
- You have done hard things for years, and you are doing this too.
- You are the strongest person I know.
- You are safe. You are powerful. You are bringing our baby here.
- You don't have to be calm to be doing well.
- You don't have to be quiet to be doing well.
- You are doing beautifully, even if it feels messy.
- I am so proud of you.

NEED TO SURRENDER

- Let your body do it.
- Melt into the sensations.
- Release your jaw, your shoulders, your hands.
- You don't have to control this part.
- Your body knows more than your mind right now.
- Let the wave be big.
- Let yourself soften into it.
- Feel the gamma moving through you.
- Let the golden light fill your body.
- Let it warm you from the inside.
- Breathe the light down.
- Let it move through your pelvis.
- Let it open the way for him.
- Soften around the pressure.
- Let your nervous system feel safe.
- You are not in danger.
- You are opening.
- You are safe to release.
- You are safe to let go.
- Picture golden light pouring through you.
- Let your body become heavy.

WHEN CLOSE TO BIRTH

- Katya, you are so close.
- This is the part before he comes.
- Your body is changing gears.
- You are nearly there.
- He is nearly here.
- You are bringing him down.
- You are doing it.
- I can't wait to see you meet him.
- Keep listening to your body.
- You are safe to let him come.
- I am right here with you.
- Our baby is coming.
- You are about to hold him.
- Your body knows the way now.
- Let the power move through you.
- You are opening the final doorway.
- Stay with your breath, my love.
- He is moving closer with every wave.
- You are crossing the threshold.
- We are about to meet our son.

MANAGING ADRENALINE IN LABOUR



SHAKE IT OUT

Move, dance, stretch



DO A WEE

This releases some adrenaline



GET COMFORTABLE

In a position where you feel grounded
and your weight is supported



SOFTEN

Your jaw, shoulders, hands



LONG EXHALE

Then allow your body to inhale.
Repeat a few times.



BREATHE IN

Through your nose for a count of 4



BREATHE OUT

Through your mouth to a slow
count of 8. Then repeat