



Childbirth Professionals

INTERNATIONAL

Creating Affirmations

Write down a list of words and phrases that validate and empower you for pregnancy and birth.

Here are some examples:

I'm strong	My body works	Contractions bring my baby
Birth is normal	I can	I'm perfect
I'll see my baby soon	I'm beautiful	I've come so far
Strong contractions help	I'm built for this	My body is made to give birth

Read these words to yourself each day and use them during your birth.