



Labor Note Cards

Use three index cards and write the following:

- Good things to say
- Good things to do
- Labor tools to use

Take these cards and use them for labor

Positive Affirmations

This is normal

You are strong

I believe in you

I am here

Let it go

“Say the name of baby”

The baby is moving down

You are getting closer

After this contraction we’ll

Won’t be long

Perfect

Breathe into it

The strong contractions are the good ones