Confidence and Praise

Your body knows just what it’s doing.
Trust your body.
I know this is difficult.
It’s because you are making good progress.
It won’t be much longer.
You’re doing so well.
You are so strong, working so hard.
You are good at...
What was going through your mind?
Your strong contractions open your cervix bringing your baby to you

Second Stage Encouragement

Open up to birth your baby
Let your baby come
Don’t hold back
Visualize the baby coming
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...
That’s right. Put all your energy there
You’re opening
Perfect
Breathe into it
The strong contractions are the good ones