

## 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

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