



POSITIVE BIRTHING AFFIRMATIONS

FOR A CALM, SWIFT AND GENTLE BIRTH

Positive birthing affirmations are simple and yet remarkably effective. They can help you to achieve the natural, gentle and healthy birth you want.

What are birthing affirmations?

They are simply positive statements about your mind, body, baby and the process of birth. They describe the ideal way things will go during your pregnancy and labor.

Here's what to do...


Read the list below. Choose the statements you like the most. Cut them out and put them somewhere obvious, such as walls, mirrors, or in your handbag. When you see them, say them!

How do they work?

Our words carry enormous weight. By repeating positive birthing statements to yourself, you confirm their truth to your subconscious mind. This can have a positive effect on your emotions, beliefs and expectations surrounding birth. They can also help to dispel any fears, replacing them with confidence, calmness and enthusiasm - all of which contribute to a natural, healthy, swift and easy birth.



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I am secure in the knowledge that I am fully prepared for a natural, easy and swift birth.

I move gently forward through my pregnancy and labor with confidence and trust.

I see my baby's birth as natural, healthy, swift and easy.

I am practicing so that I am relaxed and calm during labor.

Birth is a natural process of my body, my mind and my spirit, working in unison with my baby.

My mind leads where my body follows. As my mind is so relaxed, confident and calm, so my body is comfortable, relaxed, soft and open, as my baby passes gently, healthily and swiftly into the world.

As I feel my baby moving inside me, my love and connection grow ever deeper.

As labor develops, my relaxation deepens and my body softens and opens, wider and wider.

I have confidence that a natural birth is safe for me, and safe for my baby.

I enjoy the feeling of natural calm, relaxation and softness that permeates my body.

As I gently progress through labor and birth, I go deeper into relaxation and calmness.

With each breath in, I breathe in relaxation and comfort, peace and trust.

With each breath out, I breathe out tension and stress.

I have plenty of milk for my baby, and I feed my baby easily and comfortably.

I flow with the natural rhythms of my body, which gently and swiftly ease my baby into the world.

I trust my body, my instincts, and nature to lead me and my baby gently through labor and birth.

My baby naturally moves into the best position for a natural, swift and gentle birth.

I eat healthily and take care of my body for my and for my baby.

My body and my baby's body are created the right size to birth naturally.

I feel calm, relaxed and at ease.



I feel calm, relaxed and at ease.

With each surge my breath is slow and deep, my body is relaxed, and my mind is calm.

My baby moves smoothly into the world, the placenta follows, and my blood vessels close naturally and healthily.

My mind is calm and focused, and my body is deeply relaxed.

My baby feeds well from me and thrives.

I am grateful for each surge as it brings me closer to holding my baby in my arms.

I have chosen to be relaxed, calm and confident during labor.

My baby is born healthy, alert and serene.

I welcome my baby with love and delight.

My baby and my body are working together in harmony for a safe and gentle delivery.

I am surrounded by loving and nurturing support throughout all the stages of my labor and beyond.

I am a strong and capable woman, and I accept myself completely.

The strength of my surges is a sign of my feminine strength.

My body is designed to give birth efficiently and easily.

My job is to simply relax and allow the birth to happen.

I feel positive, confident and optimistic, and am excited to give birth to my baby.

My body has a wide open space for my baby to descend.

My body knows what to do. I will surrender fully and completely.

I now feel inner peace and serenity

My baby knows how and when to be born.

I feel the strong waves of labor and know that everything is normal and progressing.

My body knows how to have this baby, just as my body knew how to grow this baby.

Birth is a safe and wonderful experience.

My baby is happy and healthy.



Everything is going right.

Love and credits

STUNNING ARTWORK BY AMANDA GREAVETTE

"I am literally moved to tears by your amazing artwork. You have captured the miracle, the agony and the ecstasy."

amandagreavette.com
amandagreavette.blogspot.co.uk/p/paintings.html
(her pregnancy art project)

AFFIRMATIONS COLLATED FROM

kghypnobirthing.com
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