

Birth Affirmations

My baby is strong and healthy.

I trust my body.

My belly is full of light and love.

I am a strong and capable person.

I have patience.

I have an open heart.

My body knows exactly what to do.

My baby feels my joy.

I trust my labor.

I am open to the energy of birth.

I embrace the wisdom of my body.

My body knows how to birth my baby.

I have everything I need.

I believe in birth.

Untapped sources of strength are available to me.

I trust my body to know what it is to do.

I welcome my coming labor as the perfect one for me and my baby.

I am an active and powerful laboring woman/person.

I feel confident; I feel safe; I feel secure.

I welcome this opportunity to grow and change.

My muscles work in complete harmony to make birthing easier.

Birth Affirmations

My cervix opens outward and allows my baby to ease down.

I am a link in the endless chain of birthing women/people.

I fully relax and turn my birthing over to Nature.

I am willing to release my baby into the world.

I choose a gentle and natural birth.

I see my baby coming smoothly from my womb.

My breath is easy, deep, and full.

My body knows exactly what to do.

My body is wise and purposeful.

I am totally relaxed and at ease.

I can handle whatever comes up.

I trust my intuition.

I release my birthing over to my body and my baby.

My baby is safe.

I put all fear aside and welcome my baby with happiness and joy.

I love and trust my body.

I deserve and receive all the love and support I need.

I deserve a gentle, natural birth.

I claim my birthright for a wonderful birth.

I am a wonderful mother/parent.