

BIRTH AFFIRMATIONS

PREGNANCY AFFIRMATIONS

"I am grateful for the life growing within me."

"My pregnant body is beautiful and strong."

"I trust my body's ability to nourish and protect my baby."

"Every day, my connection to my baby grows stronger."

"I embrace the changes happening within me."

LABOR PREPARATION AFFIRMATIONS

"I am prepared and ready for my birthing journey."

"My body knows how to bring my baby into the world."

"I look forward to meeting my baby with joy and excitement."

"I am surrounded by love and support during my labor."

"My breath is a powerful tool to ease my labor."

BIRTH AFFIRMATIONS

DURING CONTRACTIONS AFFIRMATIONS

"Each contraction brings me closer to meeting my baby."

"I welcome each contraction as a sign of progress."

"My body is working in harmony with my baby."

"I am strong, and I can handle each contraction."

"I relax and let my body do its work."

PAIN MANAGEMENT AFFIRMATIONS

"I breathe through discomfort and find strength within."

"My body is designed to handle the intensity of labor."

"I release any fear or tension and embrace the present moment."

"I trust in my ability to cope with the sensations of labor."

"I visualize my body opening and expanding for my baby."

BIRTH AFFIRMATIONS

TRUST AND CONFIDENCE AFFIRMATIONS

"I trust my body's innate wisdom to guide me through labor."

"My body and baby know exactly what to do."

"I am confident in my ability to give birth."

"I trust my instincts and listen to my body's signals."

"I believe in myself and my strength as a mother."

BIRTH TEAM SUPPORT AFFIRMATIONS

"My birth team is knowledgeable and compassionate."

"I trust and feel supported by my birth team."

"My birth team understands and respects my wishes."

"Together, we create a safe and nurturing birthing environment."

"I am grateful for the support and guidance of my birth team."

BIRTH AFFIRMATIONS

PARTNER AFFIRMATIONS

"My partner and I are united in love and support."

"Together, we welcome our baby with open hearts."

"I trust my partner to advocate for me and our baby."

"My partner's presence brings me comfort and strength."

"We are a strong and loving team, ready to welcome our baby."

POSTPARTUM AFFIRMATIONS

"I am patient and gentle with myself as I heal."

"I trust my instincts as a mother."

"I am enough, and I am doing my best for my baby."

"My body is capable of providing nourishment for my baby."

"I embrace the challenges and joys of motherhood."

BIRTH AFFIRMATIONS

CESAREAN BIRTH AFFIRMATIONS

"I trust in my decision for a cesarean birth."

"My cesarean birth is still a beautiful and empowering experience."

"I am grateful for the medical team who will safely deliver my baby."

"My body is strong and will heal from this surgery."

"I am still a powerful and capable mother."

VBAC (VAGINAL BIRTH AFTER CESAREAN) AFFIRMATIONS

"I trust my body's ability to birth vaginally after a cesarean."

"I am confident in my decision to pursue a VBAC."

"My past birth experience does not define my current birth journey."

"I am supported and empowered in my VBAC journey."

"I trust my body and my birth team to guide me through this
experience."

BIRTH AFFIRMATIONS

HOME BIRTH AFFIRMATIONS

"I trust in the safety and comfort of my home for my birth."

"My home is a calm and nurturing environment for labor."

"I am confident in my ability to birth at home."

"My home birth team is experienced and capable."

"I am surrounded by love and support in my home."

WATER BIRTH AFFIRMATIONS

"The water supports and soothes me during labor."

"I trust in the healing power of water during my birth."

"My body is buoyant and strong in the water."

"I find comfort and relaxation in the water."

"I am confident in my ability to birth in water."

BIRTH AFFIRMATIONS

BREASTFEEDING AFFIRMATIONS

"I trust my body's ability to produce nourishment for my baby."

"I am patient as my baby and I learn to breastfeed together."

"Breastfeeding is a natural and beautiful connection with my baby."

"I trust my instincts to know when my baby is hungry and satisfied."

"I am supported in my breastfeeding journey and can ask for help
when needed."

