

Affirmations

“When people are given and can accept personal responsibility for their bodies, they accept their own power. It is with this sense of power that they gain control of their own bodies and lives.”*

Speak or write each statement below five times. Dwelling on the positive can keep you in an affirmative state of mind.

For Pregnancy:

- My body is beautiful and strong.
- My baby is growing healthy and strong.
- I am and will be a good parent.
- I can face any fear about birth or parenting, and seek out the right people with whom to discuss my concerns.

For Birth:

- My body knows how to give birth, and I will let it.
- The baby, my partner(s) and I are all rested and ready for the work we will do.
- I accept the healthy pain of labor.
- Contractions are good -- they help my baby be born.
- I am strong, and I can let my contractions be strong.
- I can identify and communicate my needs in labor.
- I feel the love and competence of those who are helping me.

For Post-Partum:

- My body knows how to make milk and nurse my baby.
- I can learn all I need to know to mother my baby well.
- I have the fortitude to deal with anything that arises.
- Children are wonderful teachers.

* *BIRTHING NORMALLY*, by Gayle Peterson, p. 36.