

*My body &
my baby work
together in
harmony &
strength.*



Belly2Birth

*I feel safe,
I feel
confident,
I feel
happy!*



Belly**2**Birth

*With every
Wave of my
body I relax
and go
deeper.*



Belly2Birth

*I trust in my
body & my
baby!*

*We work
together!*



Belly2Birth

*I will make
the right
decisions if
and when I
need to.*




Belly²Birth

*I nourish
my body
and my
baby with
healthy
foods*



Belly2Birth



*My surges
are never too
strong for
me...
Because
they are me!*



Belly2Birth

*When I
calm my
mind..
I relax my
body!*



Belly2Birth

*My body is
growing my
baby, My
body can
also birth
my baby!*



Belly²Birth

*I see my
baby in the
perfect
position for
birthing!*



Belly2Birth

*I will choose a
caregiver who
supports my
preferences
and what I
want for my
birth*



Belly2Birth

*I am prepared
to calmly
meet
whatever turn
my birthing
takes!*



Belly²Birth

*I choose to
educate
myself about
my options so
I can feel
prepared!*



Belly²Birth

*I feel loved
and supported
by my birth
partner, we
work
together!*



Belly2Birth

*I block out negative
comments and stories
because I know my
birth will be different
as I am preparing for a
positive birth.*



Belly²Birth