



My body and baby know
when to be born. I wait
patiently and confidently
for my baby's arrival.



Apples do not drop from
the tree at the same time.
My baby knows when to be
born.



I relax my mind
which relaxes my
muscles.



My body & my labour will unfold
in its own time.

We can do this. There is no rush.

I do not need to chase my labour.



I relax my body as every surge
passes through me.

I relax my jaw which relaxes my
cervix.

We are doing this together.



I take a deep breath in and a longer breath out through each surge.

My baby and I are a step closer to meeting each other.



I listen to my body and I do what
it needs me to do.

My body and my baby know when
and how to be born.



I am strong.
I am capable.
I am built to birth my baby.

My mother, grandmother &
generations before me did this
and are proud of me right now.



It's safe to let go.

I will surrender to this next surge
and it will bring me closer to
meeting my baby.



I am doing beautifully and Im proud of myself.

I am opening up like a blooming flower .

My baby will be here soon to meet me.



The more relaxed I am, the more comfortable I feel.

I am in control of my birth.

I am powerful.



My surges are no bigger than me
because they are me.

I am strong & capable

I am so loved.