**Words of Affirmations**

Encouraging Words

You’re doing great

Keep going

You got this

Think of the baby

I’m here for you

I’m right here

Just a little bit longer

Breathe

Squeeze my hand

Birth Affirmations

You are a strong and capable woman

Trust your instincts to know what you need for labor

The strength of your contractions is a sign of your strength

The power and strength of your contractions cannot be stronger than you, because it is you

Your body has a wide open space for the baby to descend

Breathe slowly and deeply to relax your muscles and bring oxygen to our baby

Your body knows what to do, you just have to breathe through it

Our baby is happy and healthy

You are going to bring our baby into this world

You are giving birth in safety and love

The strong waves of labor means everything is normal and progressing

Relax your muscles and your mind. Just breathe.

Keep breathing slow and even. Inhale peace. Exhale tension.