



**I will trust my
body.**

RichmondBirtheadBaby.com



**My body will work
with my baby.**

RichmondBirtheadBaby.com



**Soon I will be
holding my baby.**

RichmondBirtheadBaby.com



**I am strong, I am
capable.**

RichmondBirtheadBaby.com



**Breathe in calm
and peace.**

RichmondBirtheadBaby.com



**Breathe out
tension and fears.**

RichmondBirtheadBaby.com



**I believe in my
ability to birth.**

RichmondBirtheadBaby.com



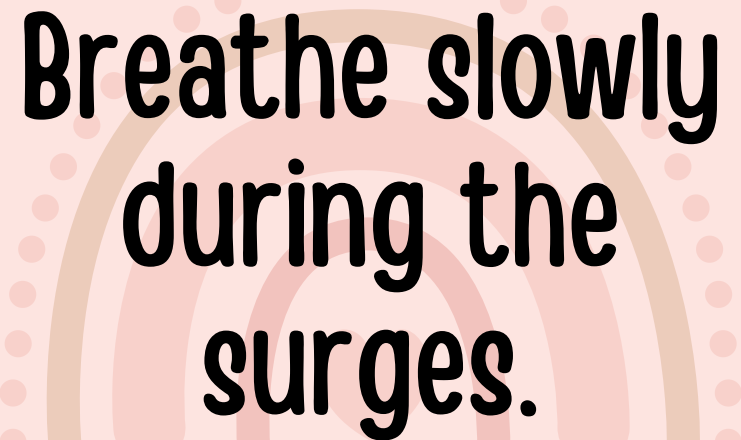
**I am loved.
I am safe.**

RichmondBirtheadBaby.com



**Relax, release,
surrender.**

RichmondBirtheadBaby.com



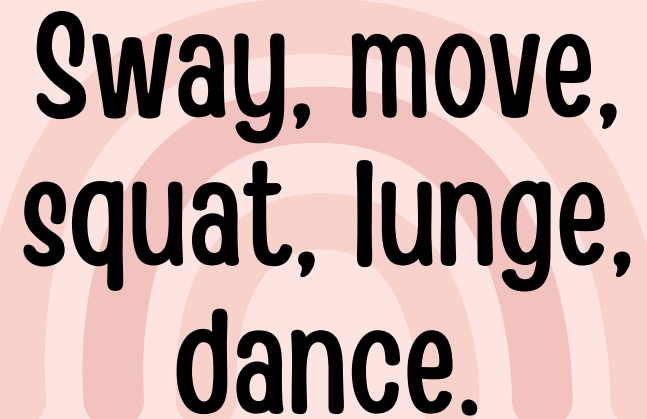
**Breathe slowly
during the
surges.**

RichmondBirtheadBaby.com



**Every wave
brings me closer
to my baby.**

RichmondBirtheadBaby.com



**Sway, move,
squat, lunge,
dance.**

RichmondBirtheadBaby.com



**I release my
fears.**

RichmondBirtheadBaby.com



**It is enough to do
my best.**

RichmondBirtheadBaby.com



**I am strong and
determined.**

RichmondBirtheadBaby.com



**I can get through
anything.**

RichmondBirtheadBaby.com



**We welcome you,
sweet baby.**

RichmondBirtheadBaby.com



**I am exactly who
my baby needs.**

RichmondBirtheadBaby.com



**Together we are
strong.**

RichmondBirtheadBaby.com



**Remind me that
you love me.**

RichmondBirtheadBaby.com