

My birth will be
amazing
and
peaceful.



I am confident.
I am safe.
I am secure.





I will be a
good mother.



Breathe deep.

I can do this.

I am doing
this.



I am ok.
My baby
is ok.

I am safe.
My baby
is safe.



Each surge
brings me
closer
to my
baby.



Breathe
in peace.

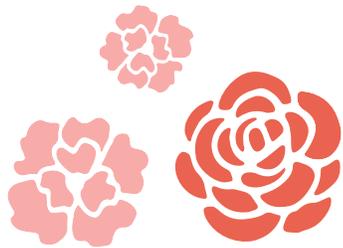
Breathe
out love.



You're
doing better
than you
think.



Perhaps this
is the moment
for which you
were created.



My body
knows
how to
give birth.



I have
everything
it takes
to birth
my baby.
