



**My body is
designed to give
birth efficiently
and easily**



**I only listen to positive
encouragement and
advice from other
people**



**I have chosen to
be confident and
calm during
labour**



**My baby is the
perfect size for
my body**





**My birth partner
is by my side and
on my side**



**I think positively
about giving birth
to my baby**



**My baby is getting
bigger and
stronger every
single day**



**I am able to give
my baby what it
needs**

