

EXAMPLES OF AFFIRMATIONS

Nancy Cohen and Lois Estner, « Silent Knife »

Affirmations can help you focus during the labour.

Choose from those that resonate with you, otherwise feel free to create your own.

Woman:

- I am a strong and capable woman
- I create a totally positive childbirth experience
- I accept my job, and I think it's exactly the right job for me and my baby
- My pelvis is relaxing and is opening (like those of countless women before me)
- I feel the love that others have for me during birth
- I treat my companion with love during childbirth
- I have a beautiful body; my body is my ally
- My birth is a learning experience, where I grow and change
- I accept the idea of a good and healthy pain
- I am strong, confident, sure of myself ... and woman
- I help my baby feel safe so that he or she can be born without fear



Man:

- I take care of myself during this pregnancy
- I see my partner as a strong and capable woman and I do not feel threatened
- I support my partner during her labour, even throughout the pain
- I express my love to my partner, easily and often
- I accept feeling helpless
- I accept the labour that is given to us
- I am sensitive, tender, open and confident