



**I HAVE  
NOTHING  
TO FEAR**



**I CAN  
BREATHE  
THROUGH  
THIS**

**MY BODY  
WAS  
MADE FOR  
THIS**



**EACH SURGE  
BRINGS MY  
BABY CLOSER  
TO ME**



**I AM  
CONFIDENT**



**I GET TO  
MEET MY  
BABY TODAY**

**I CAN MOVE  
MY BODY  
DURING  
BIRTH**



**THIS IS  
POWERFUL  
BUT SO AM I**





**EVERY  
BIRTH IS  
NATURAL**



**ONE BREATH  
AT A TIME**

**I AM IN  
CONTROL**



**RIDE THE  
WAVE**



**I AM  
STRONG**



**EACH SURGE  
HAS A  
PURPOSE**

**I WORK  
WITH MY  
BABY**



**I FEEL  
SAFE**





**I BIRTH  
WITH EASE**



**MY BABY WILL  
BE BORN AT  
THE PERFECT  
TIME**

**I BREATHE IN  
STRENGTH  
AND BREATHE  
OUT TENSION**



**I CAN DO  
ANYTHING  
FOR ONE  
MINUTE**



**I HAVE  
OPTIONS**



**MY BIRTH  
WILL BE  
BEAUTIFUL**

**I RELAX AND  
MY BABY  
RELAXES  
WITH ME**



**MY BABY IS  
THE PERFECT  
SIZE FOR MY  
BODY**

