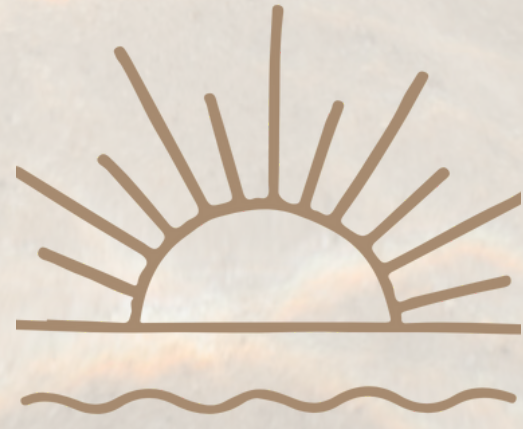


M I S S E D
M  M E N T S
P H O T O G R A P H Y

birthing
affirmation
cards



congratulations mumma on entering your journey to motherhood. by now your beautiful baby is growing safely inside you and is becoming more excited to meet you by the day.

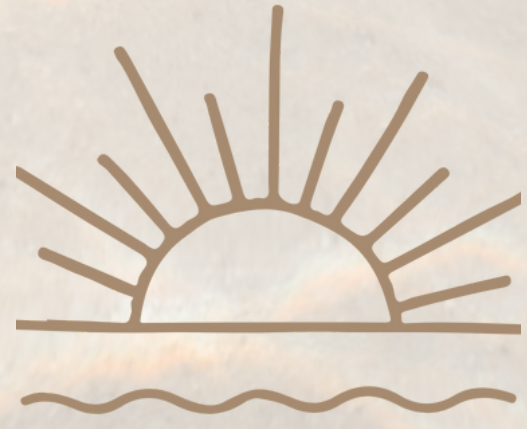
birth is not something to be feared; use these affirmations to help ease your mind as you prepare for your birthing experience.

once you have downloaded this pdf; i recommend printing these beautiful affirmations and hanging them somewhere you will be able to read them daily.

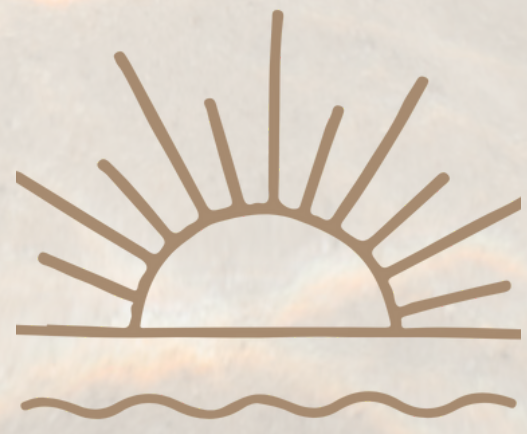
printing these at kmart at a 4x6 print is a perfect size to add a copy to your hospital bag.

once your body draws near to the end of your pregnancy journey; these affirmations will sing loud and true through your body as you enter the birthing experience.

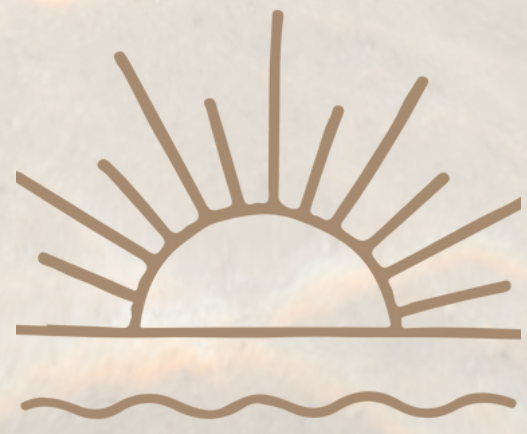
take these cards with you to remind yourself of the strength; trust & and power your body holds within to guide you through this birthing process to meet your beautiful baby & and enter the incredible journey known as motherhood.



i allow
my body
to fully
relax



i prepare
for the birth
of my baby
with
happiness
and joy



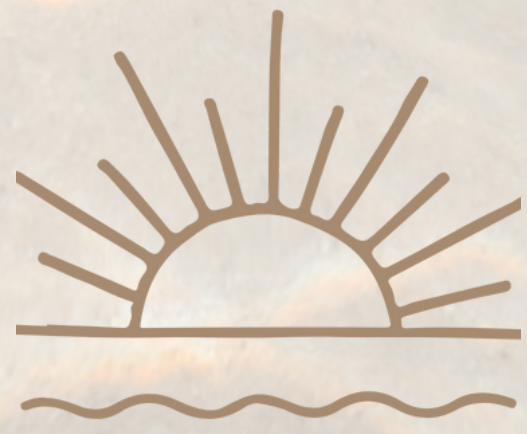
i am
confident

i am
happy

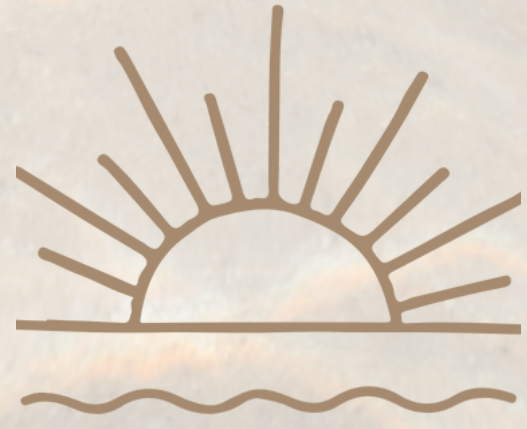
i am
safe



i am
prepared to
calmly
meet
whatever
path my
birthing
takes



i look
forward to
my birthing
day with
joy



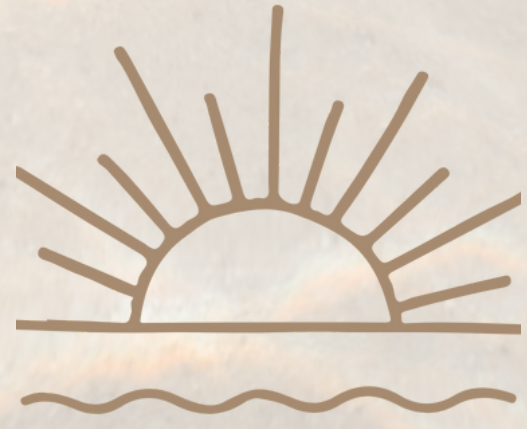
i am strong
and capable



i feel good
and i am
beautiful;
inside and
out.



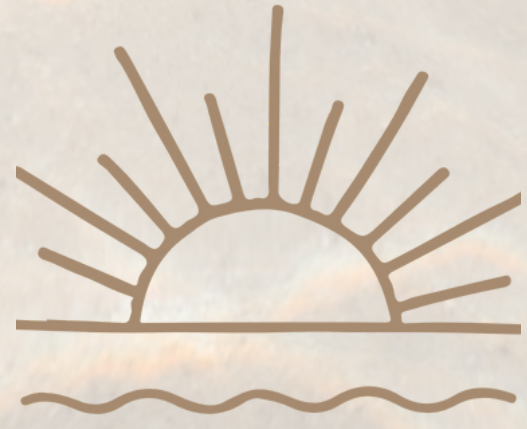
my baby
trusts me;
and i trust
this process.



i create my
life and
birth



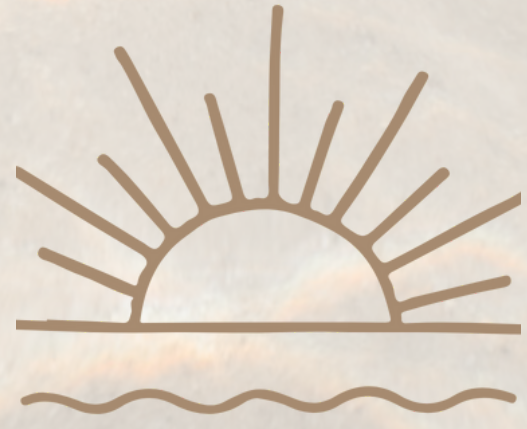
i am
becomming
more and
more
confident
with every
passing
day.



i was made
to do this

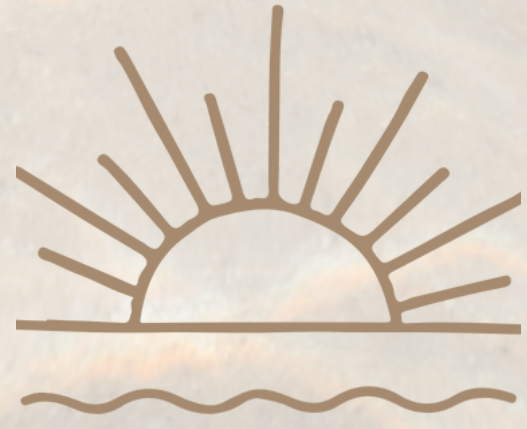


i can do
anything
for 60
seconds



inhale
strength

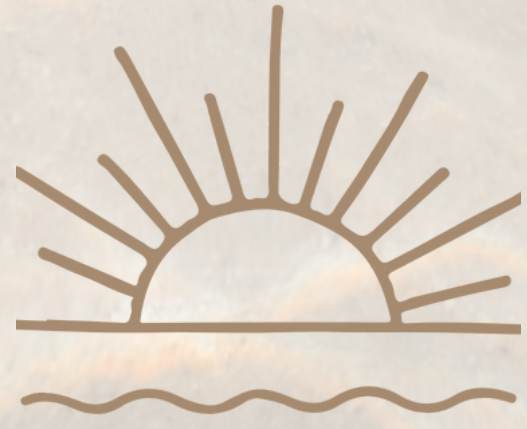
exhale
fear



i have no
fear; for
you are
with me



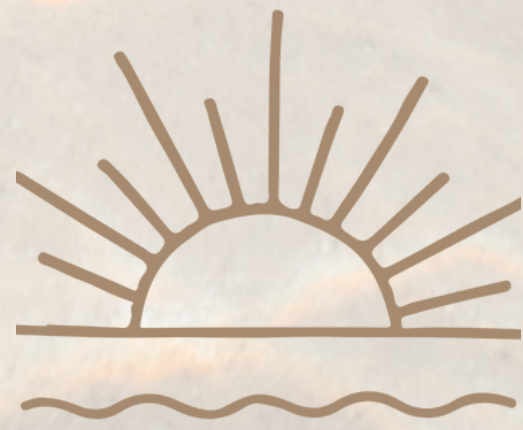
my body
knows how
to birth my
baby



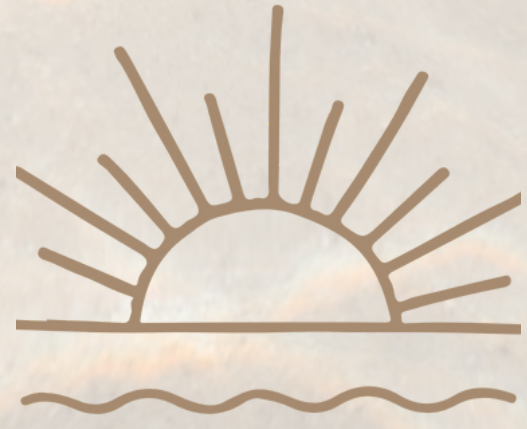
my mind
and body
are relaxed



i am a
mother



i am
focused on
a smooth
easy birth



i am loved
and my
baby is
loved



my body
has created
a miracle



looking for more ways
to prepare for birth &
the fourth trimester?

hypnobirthing classes -

local public hospital classes

local private hospital classes

hospital bag checklist

newborn photographer

postpartum recovery -