



BIRTH IS
THE ULTIMATE
ACT OF LOVE



BIRTH IS
MIRACULOUS
HOWEVER IT
HAPPENS





I LOOK FORWARD
TO GIVING
BIRTH



I FILL MY
BODY + MIND
WITH GOOD STUFF



WE ARE MAKING
INFORMED DECISIONS



MY BODY
WAS DESIGNED
TO DO THIS



MY BABY IS
STRONG +
HEALTHY



I TRUST
MY INSTINCTS



I SHAKE OFF ANY
PRESSURE TO BE
'PERFECT' + SIMPLY
TRY MY BEST



I'M READY
TO GIVE BIRTH
TO MY BABY



BRING IT ON



MY BABY GIVES
ME THE STRENGTH
TO DO ANYTHING



I AM A FORCE
TO BE RECKONED
WITH



MY PARTNER + I
ARE THE WORLDS
BEST TEAM



SOFTEN

OPEN



MY SURGES AREN'T
HAPPENING TO ME,
THEY ARE A PART OF ME



MY BABY

WILL FIT



I AM PRESENT
I AM DOING THIS
WE ARE DOING THIS



I LET MY
BODY + OUR
BABY SET
THE PACE



I AM
OVERFLOWING
WITH OXYTOCIN



I WELCOME
EACH SURGE



MY PARTNER + I
+ OUR BABY
ARE DOING THIS
TOGETHER



I QUIET MY MIND
+ LET MY BODY
GIVE BIRTH



I AM
HUGE



MY BABY
MOVES DOWN
SMOOTHLY



EACH SURGE
BRINGS MY
BABY CLOSER



MY MIND QUIETS
MY BODY OPENS
OUR BABY IS BORN



I AM PROUD
OF MYSELF,
HOWEVER
BIRTH GOES