

BIRTH AFFIRMATIONS TO COLOUR



JULIA IDDIR
ANTENATAL AND BABY

@DOULAJULIAIDDIR

I BIRTH
WITH EASE





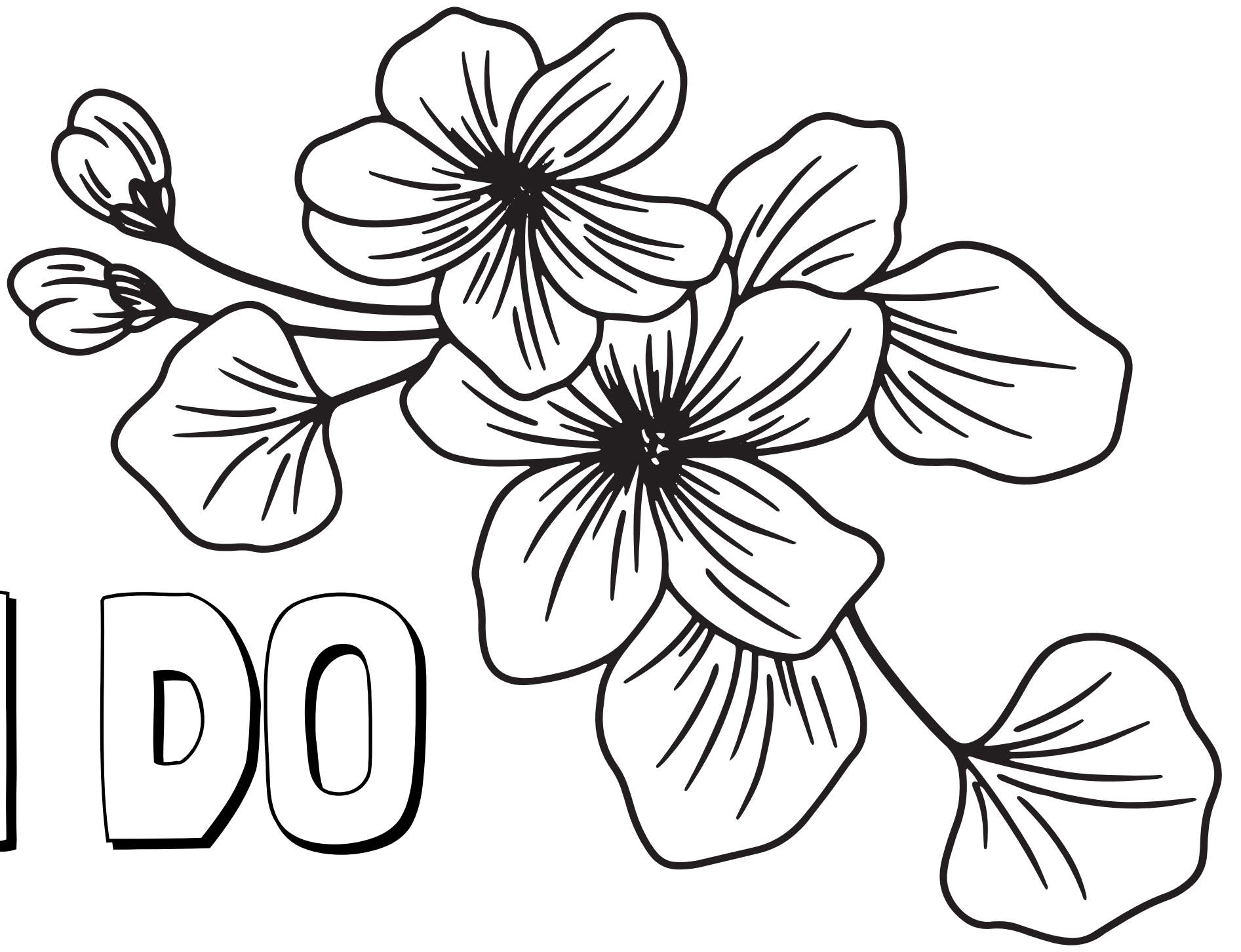
MY BODY IS
MADE FOR THIS
MOMENT





**BIRTH IS
NORMAL, AND
NATURAL**



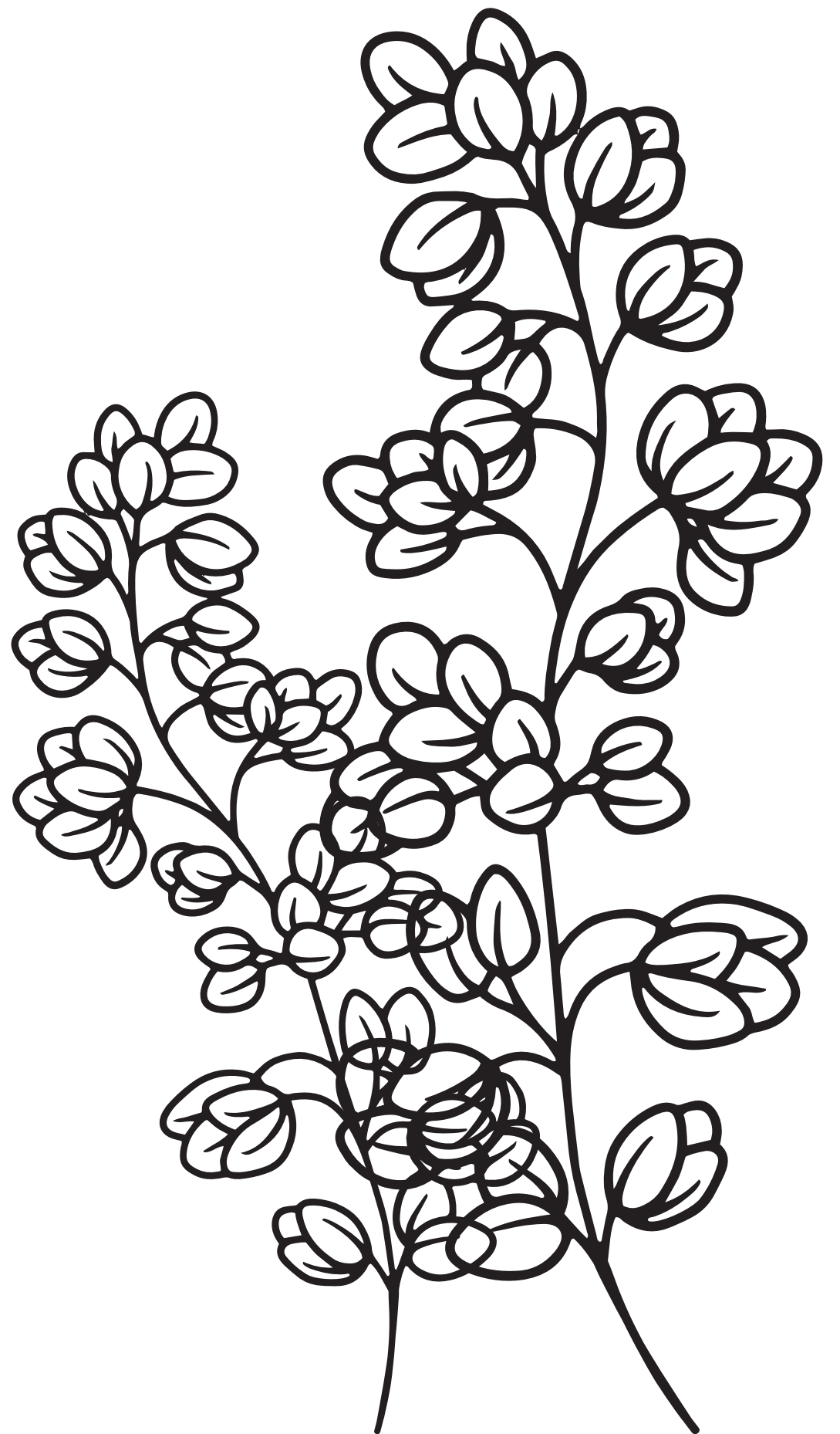


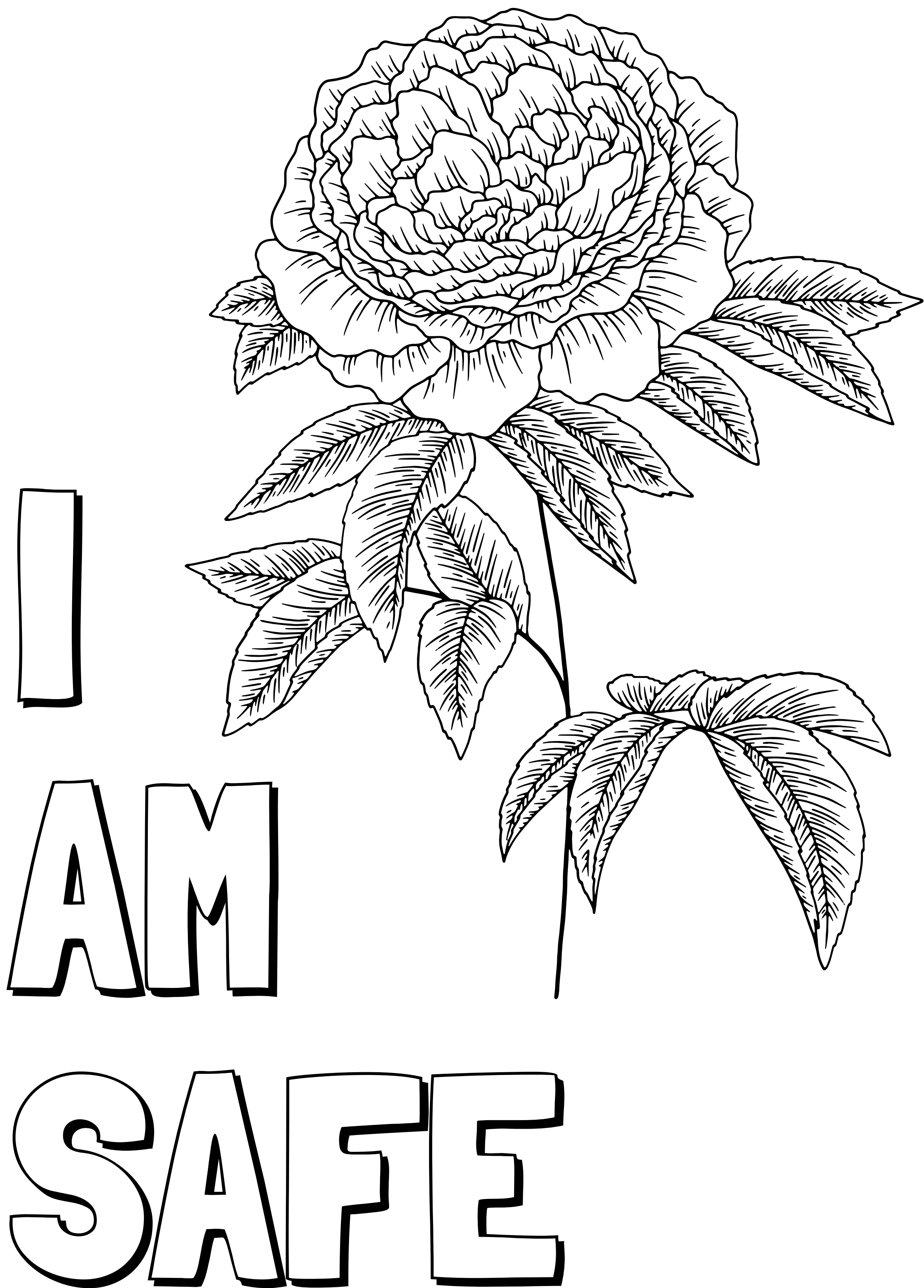
I CAN DO
ANYTHING
FOR A MINUTE





I
TRUST
MY
BODY





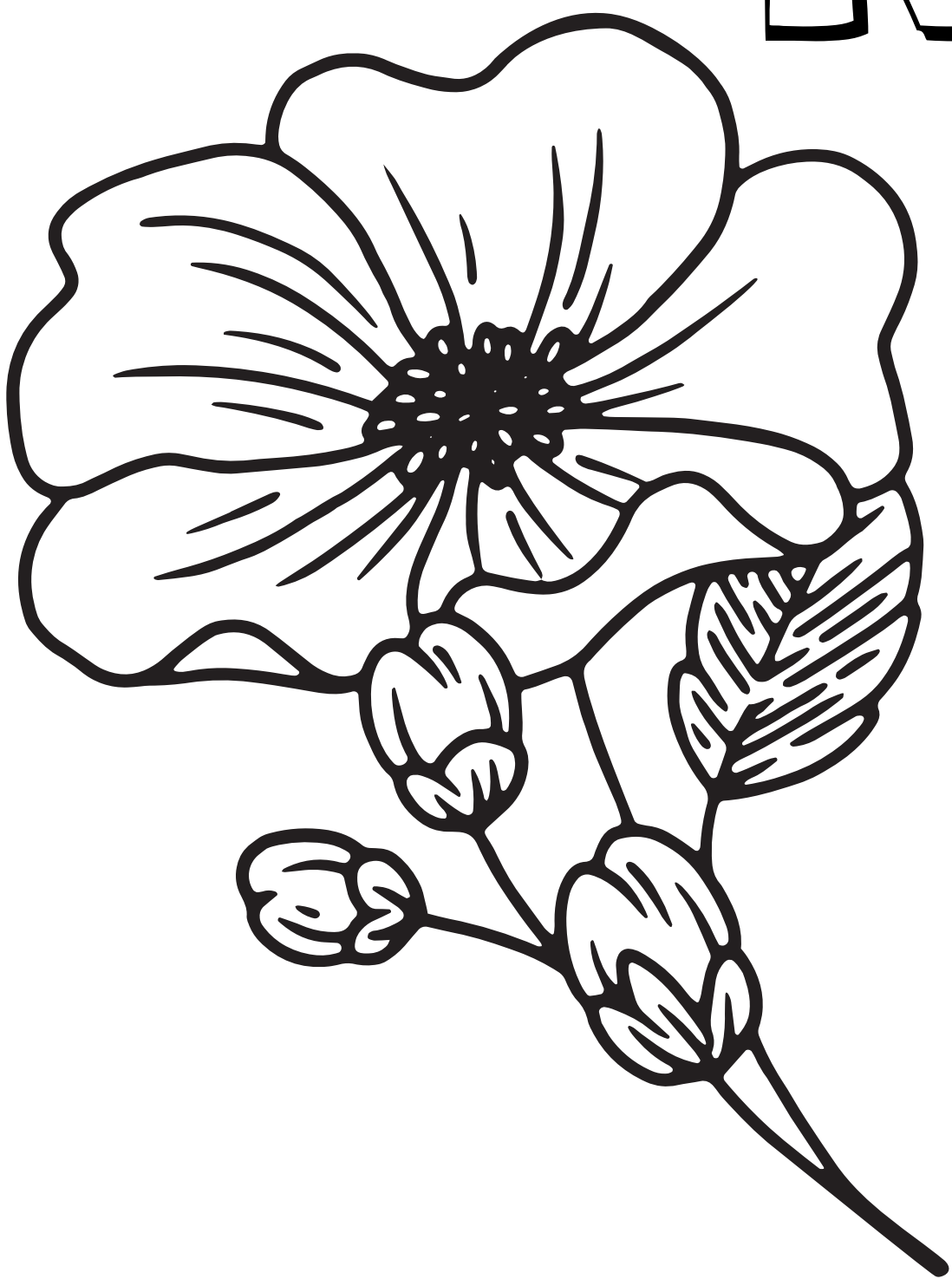


I AM CONFIDENT





**MOVE,
BREATHE,
RELAX**





EVERY
CONTRACTION
BRINGS ME
CLOSER TO
MY BABY





I IMAGINE MY BABY IN THEIR IDEAL POSITION



**MY
BODY
IS
CAPABLE
AND
STRONG**



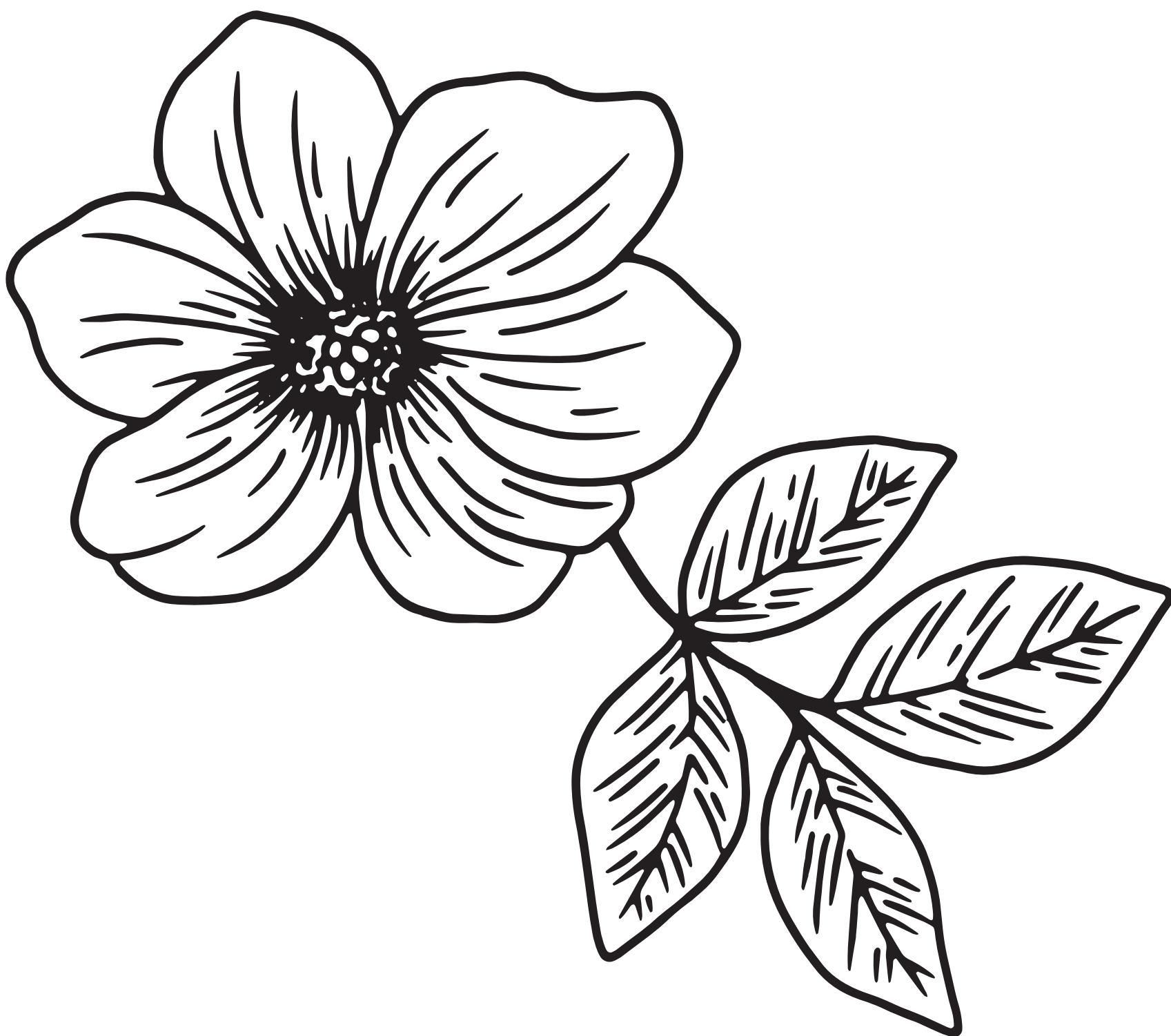


I AM
DOING AN
AMAZING
JOB



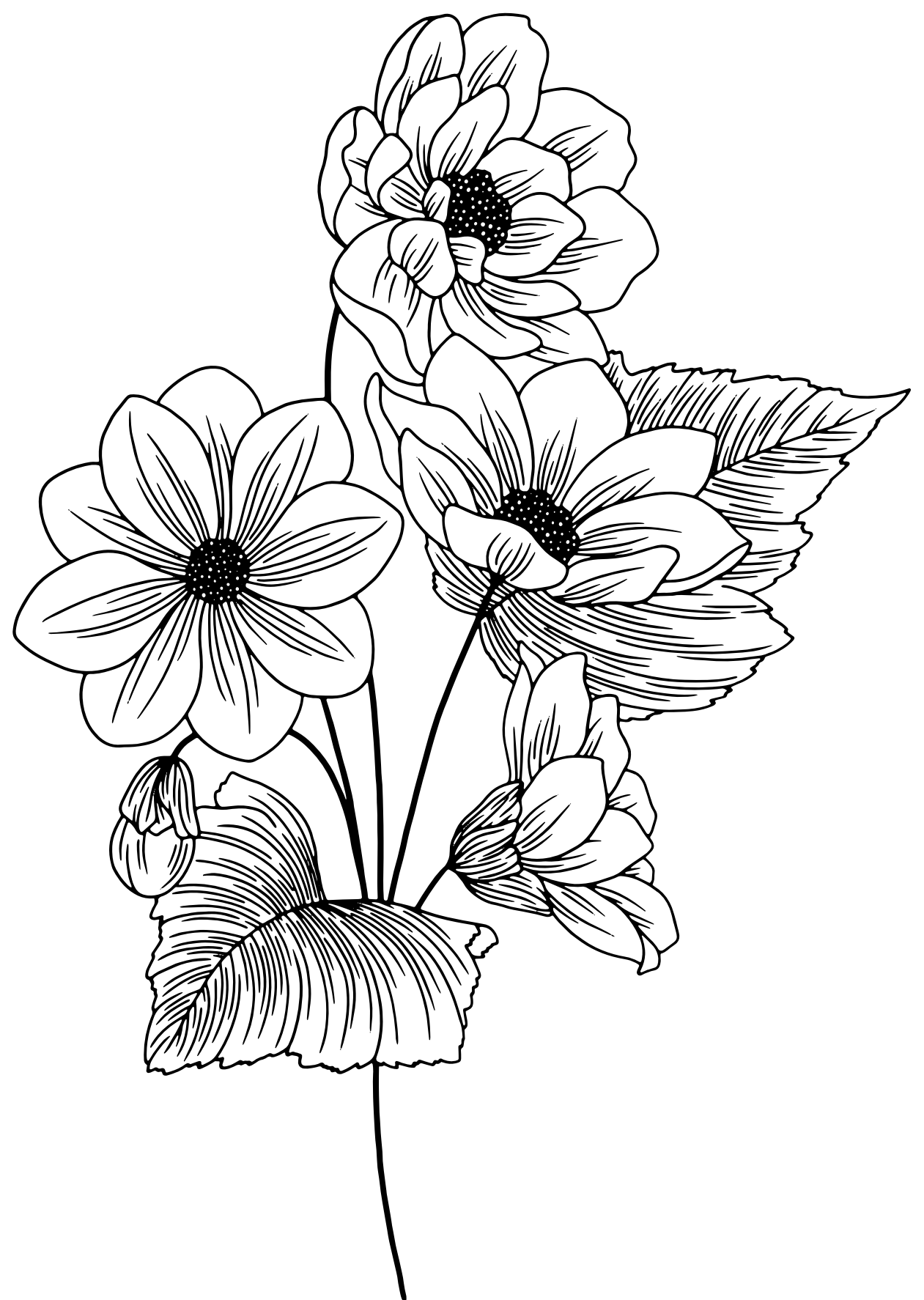


ONE BREATH AT A TIME





I AM
RELAXED

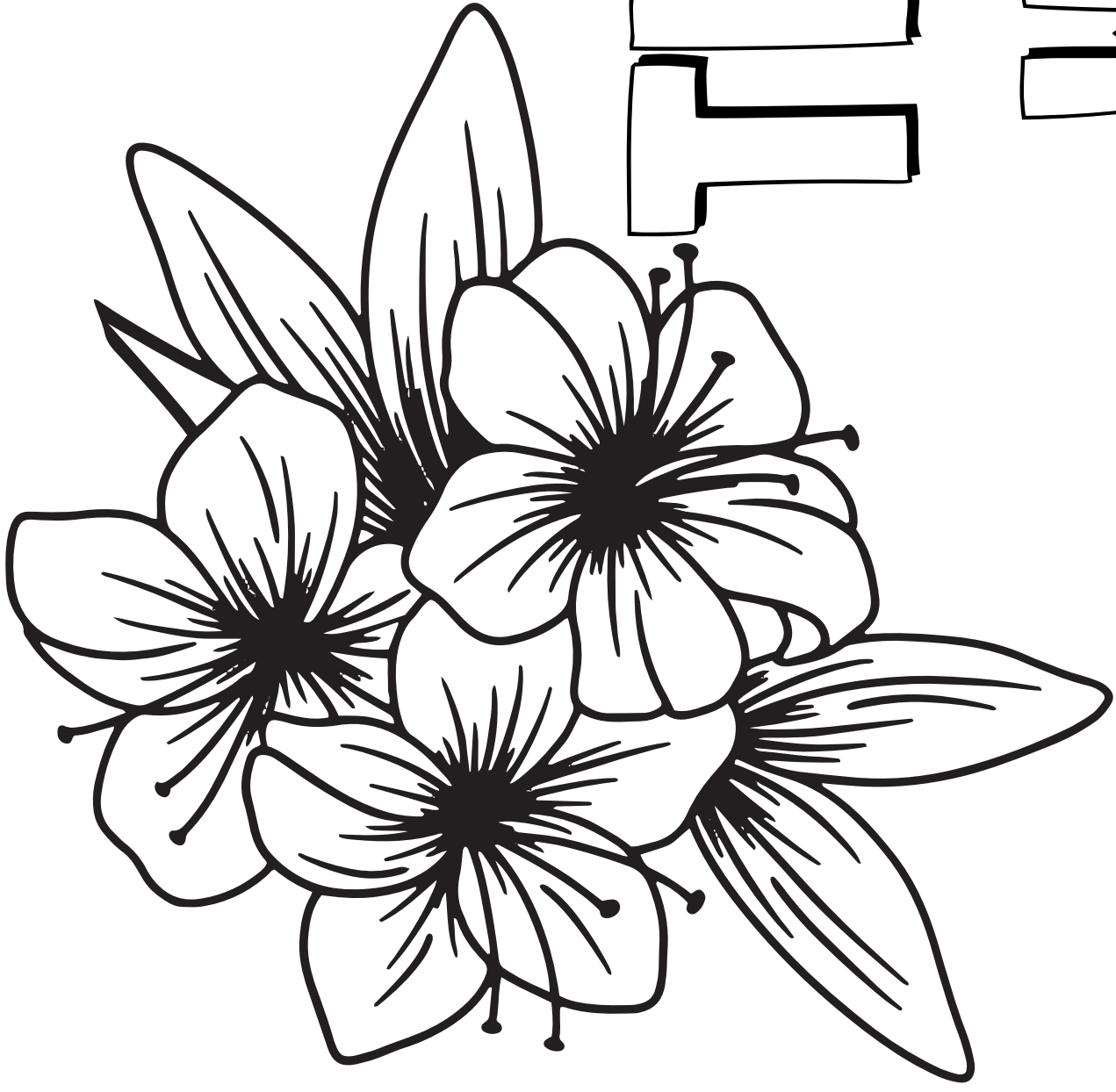






MY MIND QUIETS,
MY BODY OPENS,
MY BABY
DESCENDS





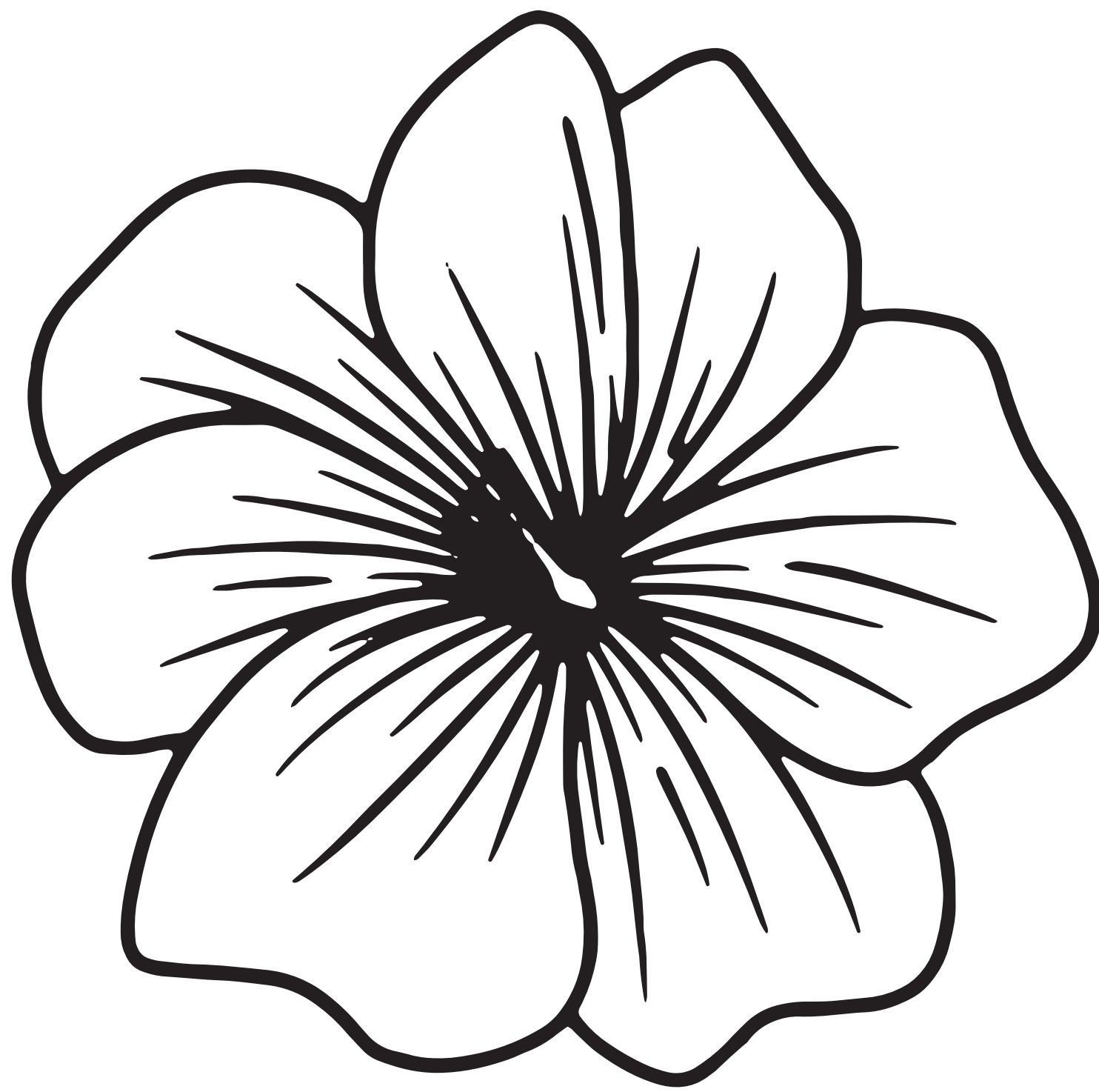
THIS IS HARD
WORK, BUT I
CAN DO IT





I AM STRONG





I FEEL
EMPOWERED

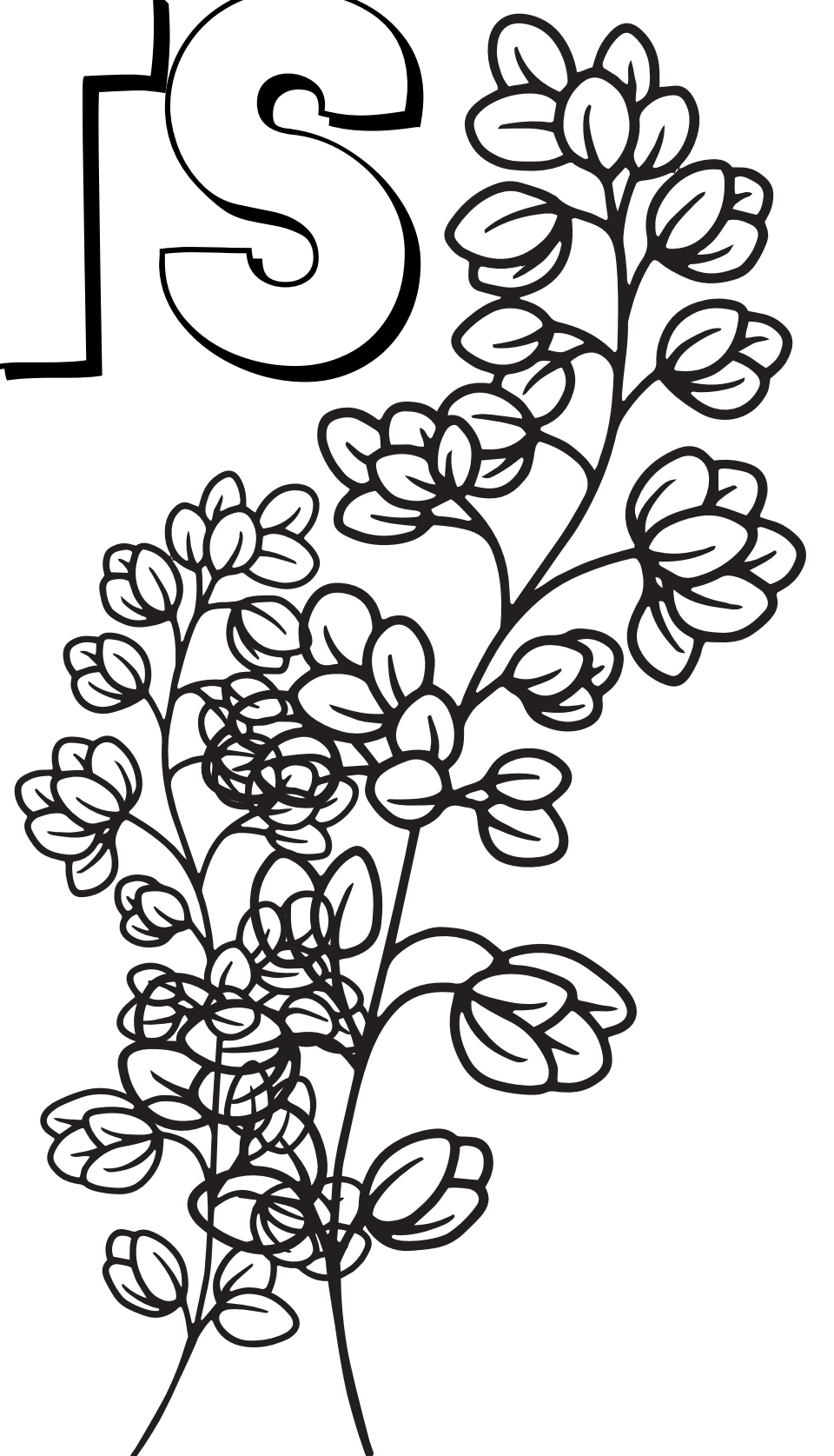


I RELAX MY JAW





I TRUST
MY
INSTINCTS





I BREATHE IN
COURAGE,
I BREATHE OUT
FEAR

