

Visualization for Childbirth

As I breathe in, I am calm and relaxed.
As I breathe out, my baby shares my calmness.

As I breathe in, my baby and I are a team, ready for the work we are about
to do.

As I breathe out, I know that my baby and I are normal and well connected.

As I breathe in, my uterus works by itself.
As I breathe out, I know the waves hug and massage my baby.

As I breathe in, I see my uterus as separate from the rest of my body.
I watch my contractions come and go much like the waves of the ocean
coming to shore.

As I breathe out, I know this normal.

As I breathe in, I touch my strength.
As I breathe out, I release my fear.

As I breathe in, my legs, hands, and jaw are loose.
As I breathe out, my belly and bottom are loose.

As I breathe in, I know my baby's head fits perfectly through my pelvis.
As I breathe out, I know my vagina can stretch to accommodate my baby.

As I breathe in, pushing feels good and exhilarating.
As I breathe out, I know the baby will be here soon.

As I breathe in, I love my baby.
As I breathe out, my baby will be beautiful.

As I breathe in, I see my baby's head crowning and my skin as supple and
soft.

As I breathe out, I see my baby's head out.

As I breathe in, I see my baby's shoulders coming out easily.
As I breathe out, I reach for my baby's body and help it out of my body.

As I breathe in, I smell my baby.
As I breathe out, I hold my baby in my arms.

As I breathe in, I know that my placenta will be gently released from its
home.

As I breathe out, I know that my uterus will contract.

As I breathe in, my baby is here.
As I breathe out, my baby is perfect.