



My mind is calm
I am relaxed



THOUSANDS OF
WOMEN ACROSS THE
WORLD

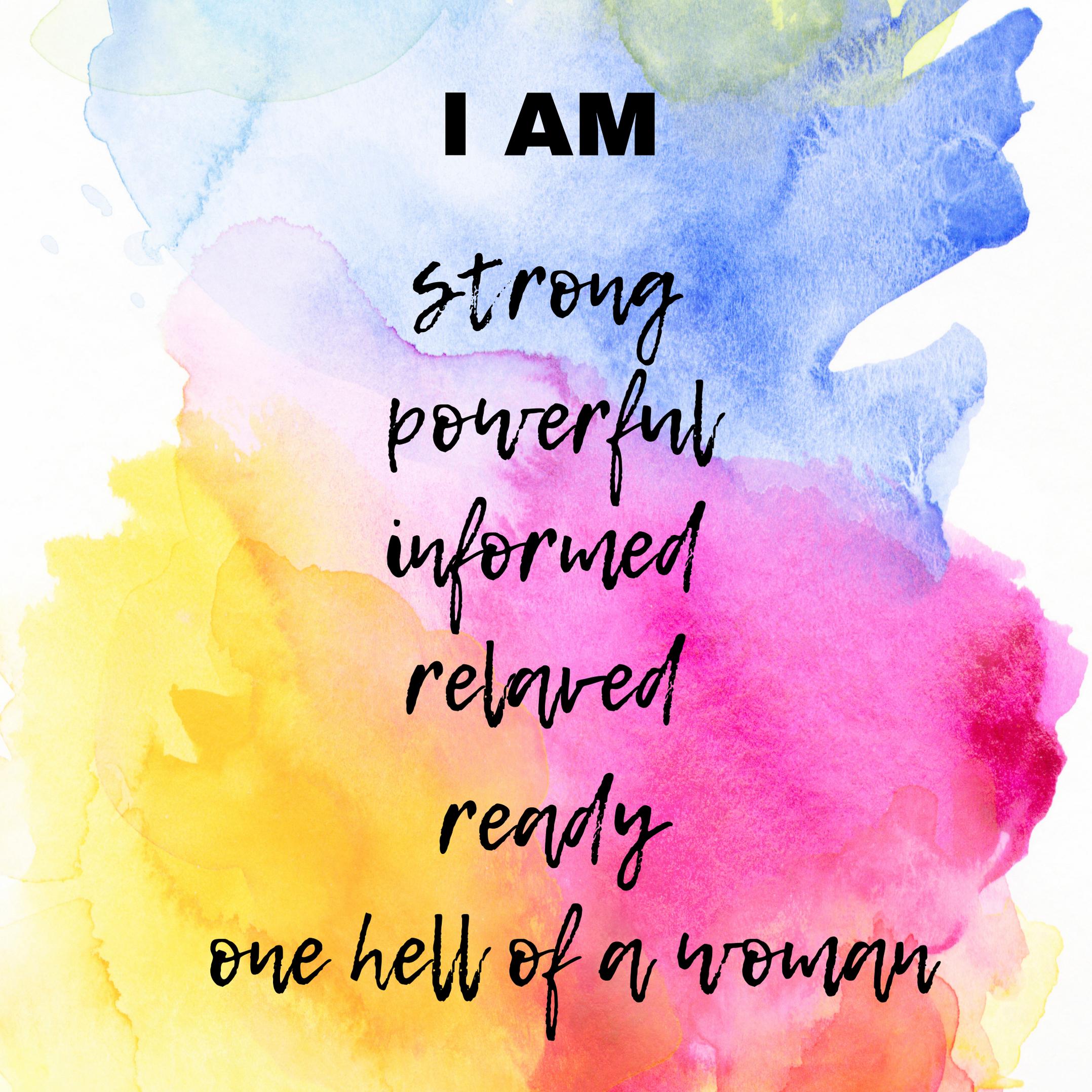


are birthing **WITH ME** today
#empoweredbirth



I RELAX MY JAW
TO RELAX MY
PELVIS

#FLOPPYFACEFLOPPYFANNY



I AM

strong

powerful

informed

relaxed

ready

one hell of a woman

This is my birth story



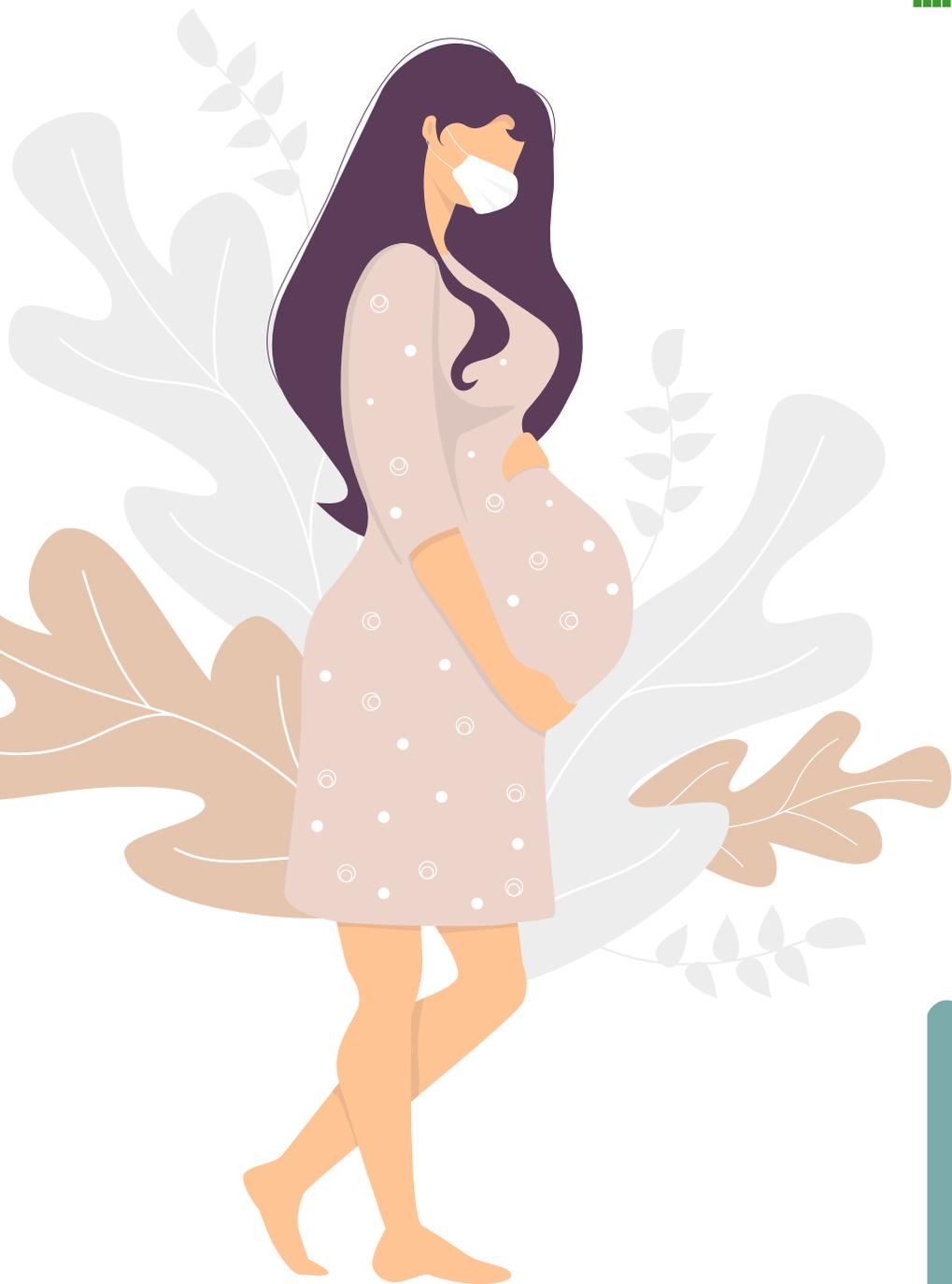
I'M PRUD OF MY
STORY AND I'M PROUD
OF MYSELF

Every day brings me closer to
meeting my baby



LOADING...

#empoweredbirth



*My baby is the
right size for my
body*

#birthwithoutfear



My body is made to
birth, she knows what to
do



trust your body



BIRTH WILL HAPPEN AT
THE RIGHT TIME FOR A
POSITIVE BIRTH
EXPERIENCE

03

Days

20

Hours

30

Minutes

A soft, natural light fills a bedroom. On the left, a window with white trim is partially covered by light-colored, sheer curtains. In the center, a white, rounded rectangular graphic contains the text. To the right, a round, light-colored marble bedside table holds a modern lamp with a white globe and a copper-colored frame, a white ceramic vase with a small green plant, and a small decorative object. In the foreground, a bed with white linens is visible.

The people around me are
caring and supportive

#mychoice#informedchoice

I concentrate on
a positive birth
experience

#empowered birth#positivebirth



99

*Birth is an empowering and amazing
experience*

#birthwithoutfear



I'M EXCITED
FOR THE
BIRTH OF MY
BABY



#mydecision#informeddecision

A photograph of a white ceramic vase with a ribbed design, filled with white flowers and green leaves. A branch of similar flowers and leaves extends from the top left. The background is a light, neutral color. The text is written in a cursive font across the middle of the image.

*My surroundings helps me relax
and feel at home*

#empoweredbirth



I KNOW

**I will be meeting my
baby soon!**



#birthwithoutfear

I am capable, I am powerful

#empoweredbirth



I welcome each
wave, totally
relaxed

#birthwithoutfear

MY PARTNER IS BY MY SIDE AND ON MY SIDE



#mychoice#informedchoice

I CONCENTRATE
ON WHAT I CAN
CONTROL AND
LET GO OF WHAT
I CANNOT
CONTROL

-LLIWEN MACRAE



*I make the best
decisions for me
and my baby*

#empoweredbirth



I enjoy the
breaks
inbetween
surges

Relax

#empoweredbirth2022

07:00
DUE DATE 2022



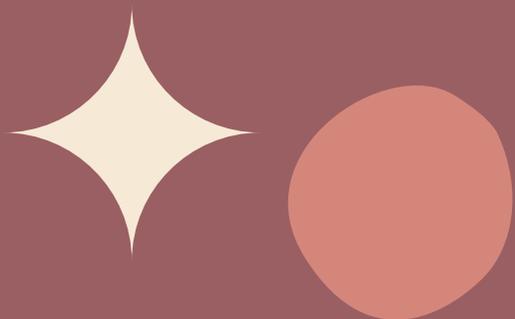
Reminder

5m ago

My baby will be born when the
time is right for me and my baby

#empoweredbirth

I LOOK
AFTER
MYSELF SO I
CAN LOOK
AFTER YOU





BIRTH IS SAFE,
I AM SAFE

#birthwithoutfear

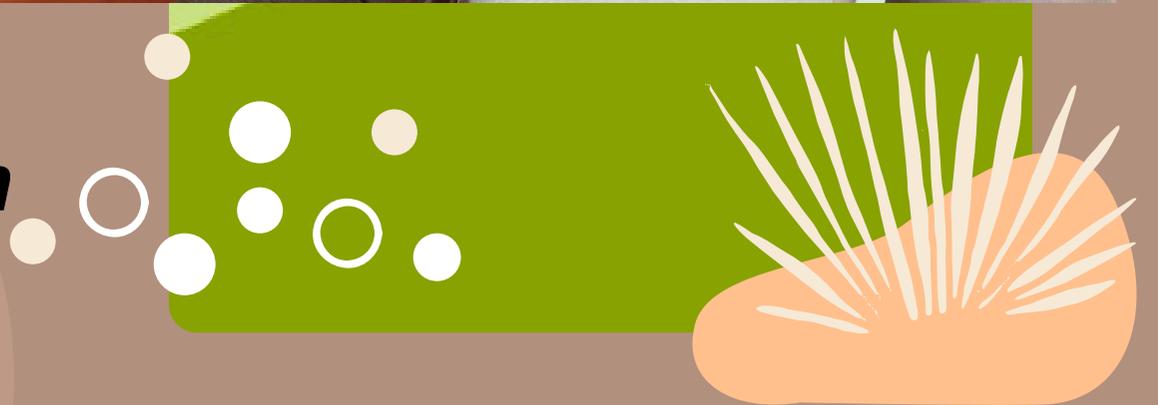
#hypnobirthingcoach

I am strong, I am brave





***I will be in the most
comfortable position
during birth***
#empoweredbirth





**MY BABY IS
MOVING DOWN
GENTLY AND
SLOWLY**



#empoweredbirth

BREATHING



Hold on to what I CAN control.
Release what I cannot control.

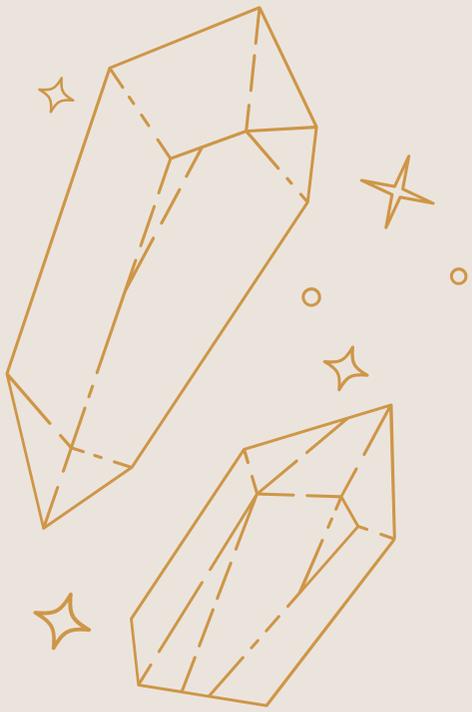
I'm in the best place for
both of us

#mydecision #informeddecision



#genihebofni

My body and baby
are healthy and
strong



My baby is the
right size



for MY body





Breathe deeply
Relax deeply

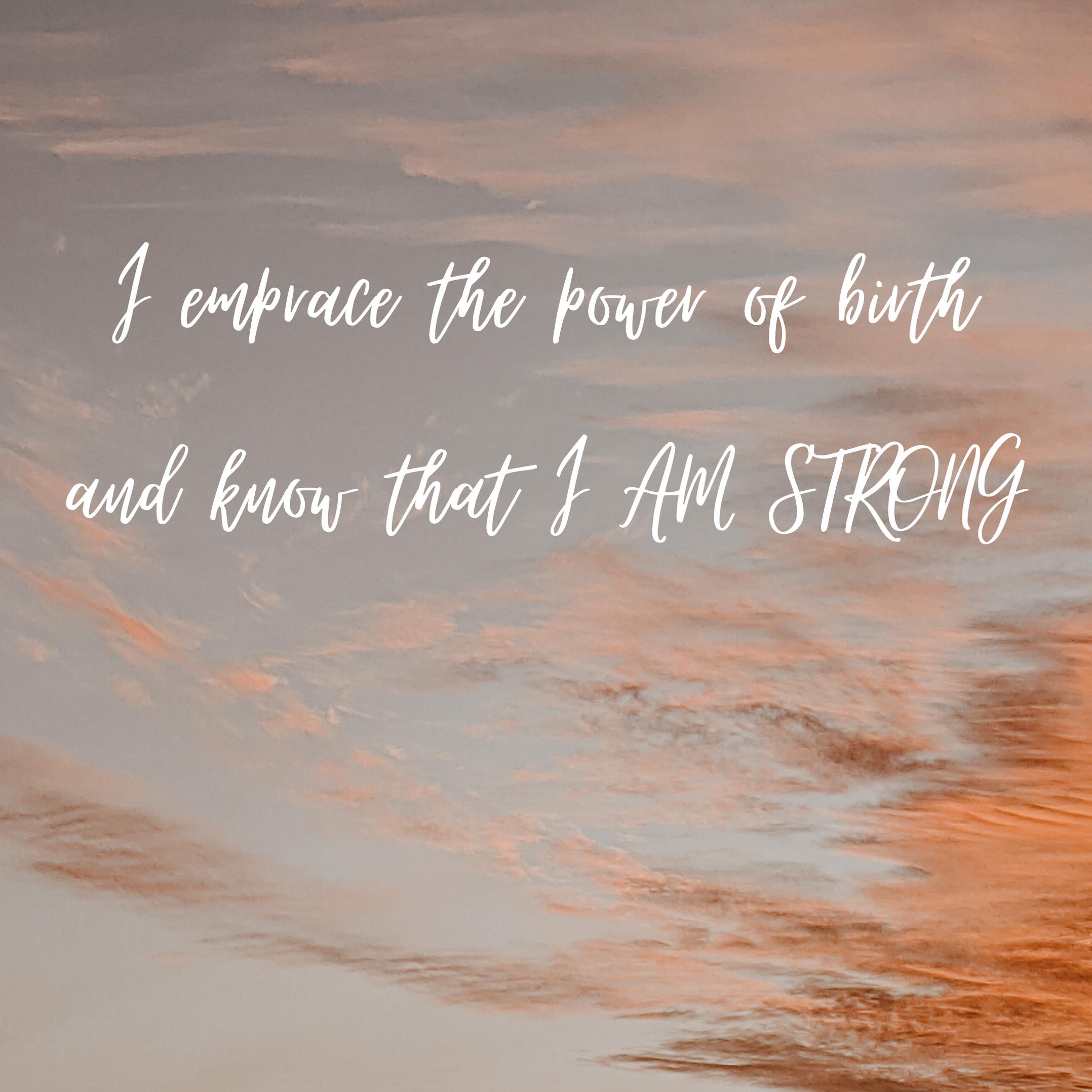
#empoweredbirth



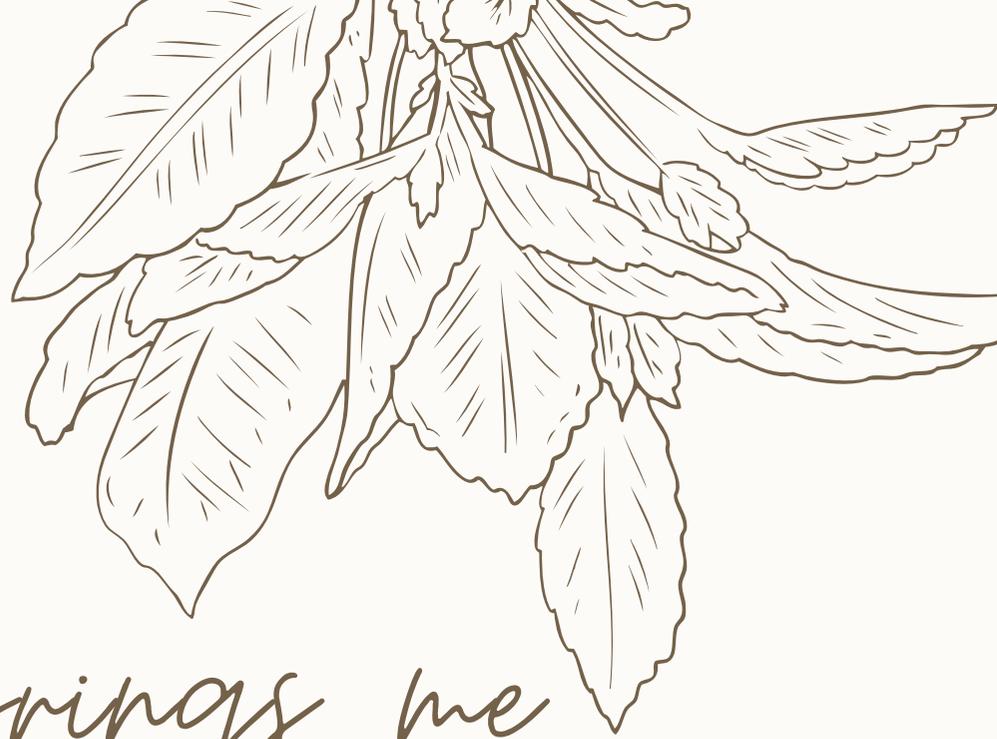
I'm comfortable

I'm happy

My mind is calm



I embrace the power of birth
and know that I AM STRONG



Each day brings me
closer to you





I CAN

I trust my body to birth
my baby safely

