

A decorative white scrollwork border frames the central text and logo. The border consists of intricate, symmetrical swirls and flourishes that form a rectangular frame with rounded corners.

I am strong
and capable





I am working with
my baby to bring
them here to meet me






I am in charge
of my birth







I am safe, I am loved,
I am confident






I am relaxed and
happy that my
baby is coming





My baby is safe,
I am safe





My body is
designed to
do this





Every wave brings
my baby closer to me





I am doing an
amazing job





I accept this pain
has a purpose



I can do
anything for
60 seconds





I let my body and
baby set the pace



I breath deep,
I flow through
birth



I quiet my mind
and let my
baby be born



A decorative white scrollwork border with intricate floral and leaf patterns, framing the central text.

I am calm

