


The Crib

EMPOWERING YOU IN
PREGNANCY, BIRTH, AND POSTPARTUM

[JOINUSATTHECRIB.COM](https://www.joinusatthecrib.com)



I choose to believe good things about pregnancy, birth, and motherhood.

**I am a strong and
capable mother**

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**It is okay to be scared.
I can do this anyway**

**I am worthy of this
pregnancy, this baby,
and a beautiful birth.**

**I will meet my baby
soon.**

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