

Encouraging & Empowering Statements

by Kathy McGrath

- > You're doing so well.
- > It's very hard right now...
- > That's it...that's the way.
- > Don't change a thing.
- > You're doing it!
- > You're so strong – strong enough for this.
- > You're working with the contractions so well.
- > Each contraction brings your baby closer to your arms.
- > Let your body tell you what to do.
- > It's OK to cry.
- > I'm right here.
- > I will help you.
- > Let me help you more.
- > Let me take some of the tension/pain away.
- > Trust that you can do it.
- > Perfect...just perfect.
- > Just keep on keeping on.
- > You're doing exactly what you need to be doing.
- > Release and open up for the baby.
- > Breathe for the baby.
- > Your pain is your power. It's telling you what you need to do.
- > Try not to resist the contractions. They are bringing you your baby.
- > The contractions are your energy and your power.
- > I'm proud of you!
- > Let's just take one contraction at a time.
- > Follow me...
- > That was a good one!
- > Try to focus your breath – direct it to the center of your cervix.
- > It's OK – just let yourself feel it and it usually isn't so scary.
- > You can do it!
- > Let the pain work for you. It will bring your baby to you.
- > Go deeper – that's the way....
- > Ride the contractions like a wave and you won't go under – you'll just go higher over them.
- > Those are good sounds. They are helping you work.
- > Ease (breathe) the baby out. Open / Release / Let the baby out.