



Anytime

- You are amazing
- I love you
- I've never been more proud of you than right now
- You are strong
- You're doing so well, I know you can do this
- I know it's hard but you are doing it and you're doing an incredible job
- You're doing everything right
- We are all here for you
- Trust yourself
- I'm so proud of you
- You're doing a great job
- You've got this
- You look so amazing
- Thank you for doing this for our family
- Your body is working perfectly

In Between Surges

- Nice, easy breaths now
- Connect with our baby
- Tell our baby we're ready to meet them
- Tell our baby we love them
- Relax your jaw, soften your hands
- Use this time to rest now
- Think about all the women birthing with you right now
- Breathe in, breathe out, nice slow breaths
- Drift away into relaxation now
- Feel your muscles limp and relaxed
- Let your body rest now
- Nice and calm now
- Your body knows what to do

During Surges

- Each surge is bringing our baby closer
- Surge is easing off now
- Just ride it out
- Lean into it, don't fight it
- Slow your breath down
- Everything opening now
- You can let go
- You are safe, you can let go
- One surge at a time
- Visualise those muscles in your uterus working together
- Imagine your cervix opening easily
- Keep those noises low and deep
- Feel everything release and open when you breathe out
- Body relaxed and limp, just go with your breathing
- Long, deep breaths
- Picture that balloon inflating
- Picture those uterine muscles, soft and silky
- Breathe up as your body rises
- Body relaxed, shoulders relaxed, chest relaxed
- Work with our baby now
- Breathe love down to our baby
- Just follow the lead of your body and our baby
- Baby moves down softly and easily