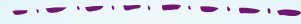




I set all fears aside  
as I prepare to  
support my family.

*Prenate*



I anticipate our  
upcoming birth with joy  
and peace in my heart.

*Prenate*



I am fully present  
in each moment.

*Prenate*



My role in the birthing  
process is valuable  
and irreplaceable.

*Prenate*



My partner and  
I are the world's  
best team.

*Prenate*



My partner, I,  
and our baby are  
doing this together.

*Prenate*



I have all the knowledge and skills I need to support my partner as she gives birth.

*Prenate*



My job is to guide, protect, and be watchful and patient.

*Prenate*



Together my partner and I can handle anything that comes our way.

*Prenate*



I set all fears aside as I prepare to welcome our baby.

*Prenate*



I am prepared to calmly meet any unexpected turns on our birth journey.

*Prenate*



I am relaxed and happy that our baby is finally coming.

*Prenate*