



Affirmations for Partners

I am able to make the best choices for a healthy, joyful birth for my family.

I am effective at making her feel safe and secure to work with her perfect body.

I see her as strong and capable of birthing our child.

I see myself as her strongest supporter and helper in labor.

I am able to reduce her fear and pain with the support I provide her in labor.

Labor Coaching Phrases

You are strong

I am proud of you

Yes you CAN

Relax your jaw

Low sounds

Your body is doing it

Your body is capable

Breathe in calm; breathe out tension

