

MY TEAM IS  
STRONG, MY  
TEAM IS WITH  
ME, I AM  
NOT ALONE



GOD FORMED ME IN THE WOMB

AND HE FORMED MY BABY TOO





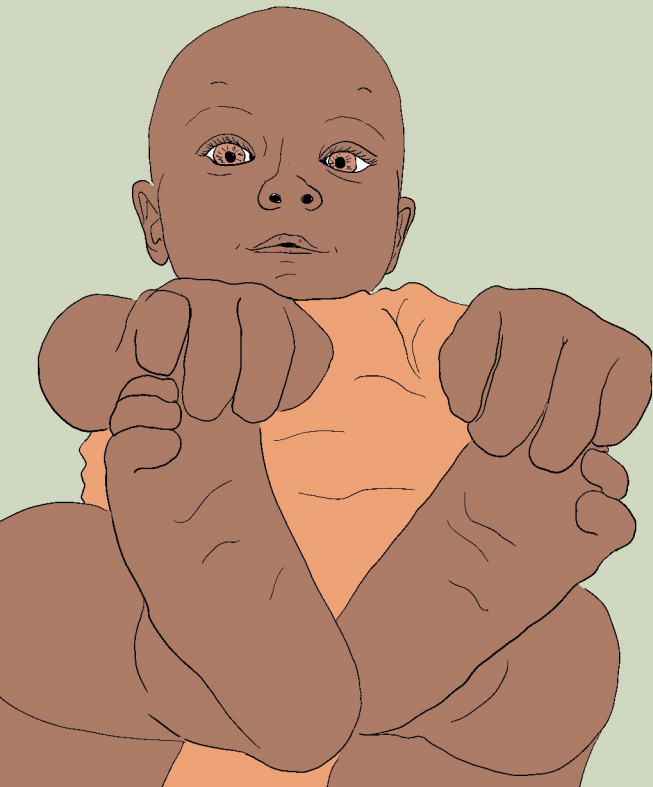
MY BABY IS  
SAFE, I AM  
SAFE, MY  
FAMILY IS  
SAFE

# MY BABY IS COMING

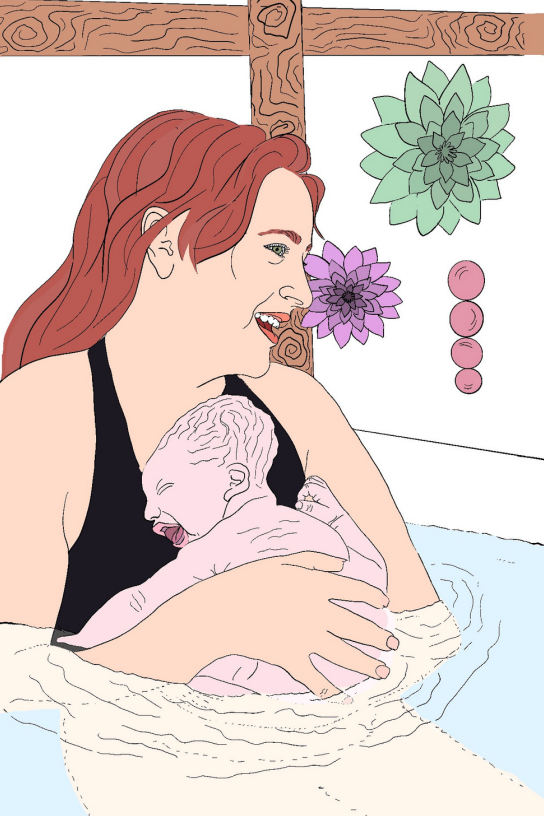




MY BREASTMILK IS COMING IN



I AM THE  
MOM MY  
BABY  
NEEDS



MY BABY IS  
LONGING  
FOR MY  
TOUCH

I CAN  
MOVE  
IN  
LABOR



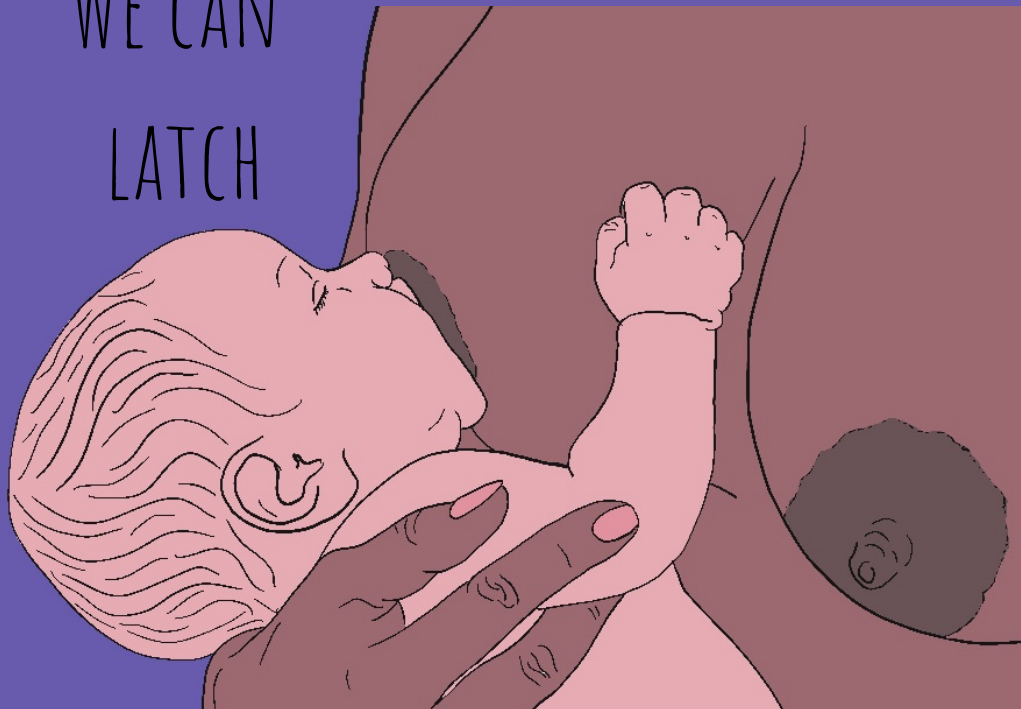


MY BABY WAS  
MADE FOR  
ME, AND I  
FOR MY BABY

MY BABY WANTS TO BREASTFEED



WE CAN  
LATCH



I AM STRONG





I CAN SINK  
INTO MY  
PELVIS AND  
OPEN

WE ARE CONNECTED





I CAN  
PRODUCE THE  
MILK MY  
BABY NEEDS



MY BABY IS  
SURROUNDED  
IN LOVE AND  
CARE

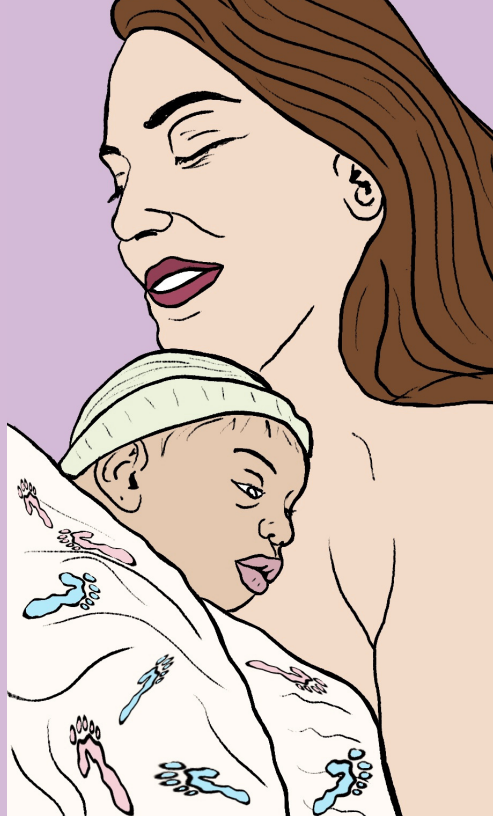
I CAN  
CHANGE





I CAN RELAX

I ACCEPT MY  
BABY'S BIRTH  
AND  
WELCOME MY  
BABY HOME



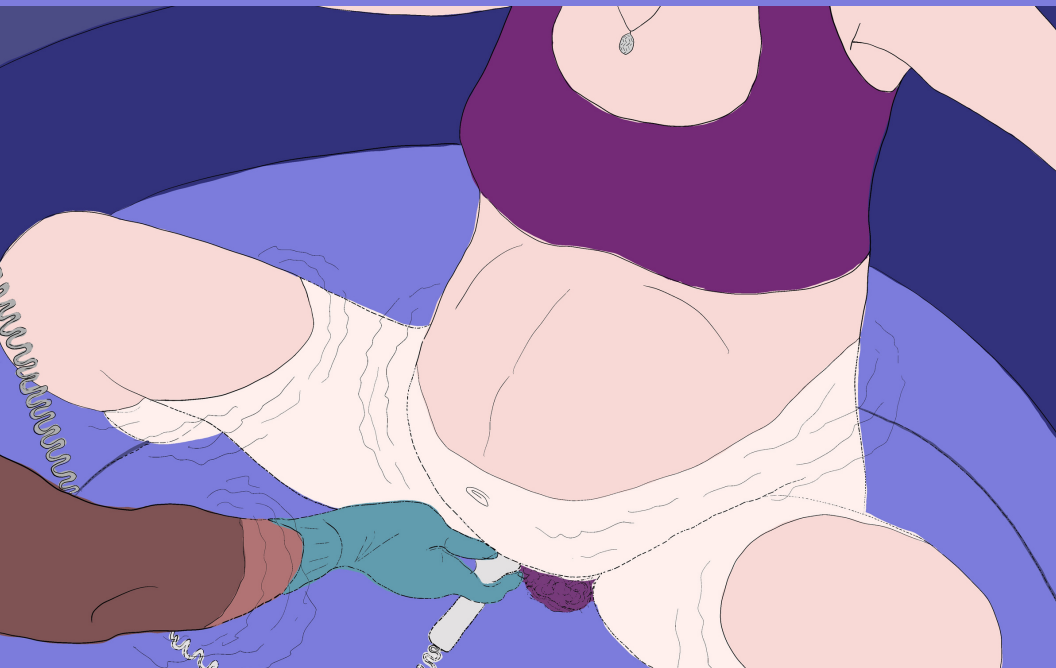
CARING FOR  
MY BODY IS  
CARING FOR  
MY BABY





I TRUST MY  
INSTINCTS  
TO BIRTH AS I  
NEED TO

I ACCEPT THE RING OF FIRE



I TRUST MY INSTINCTS



WE ARE IN THIS TOGETHER

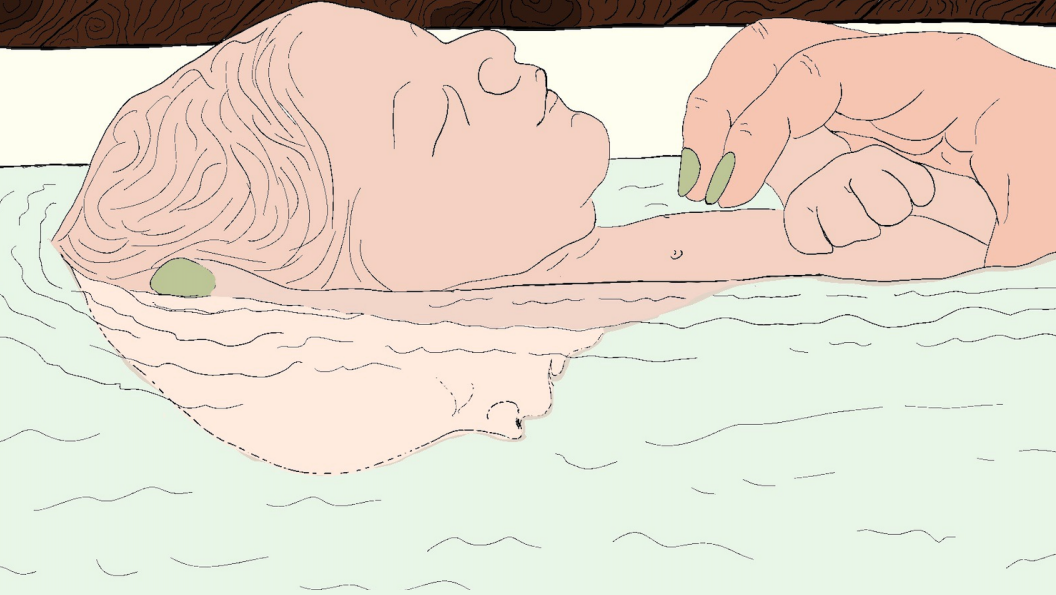




I ACCEPT AND WELCOME THE PRESSURE

I AM NOT ALONE





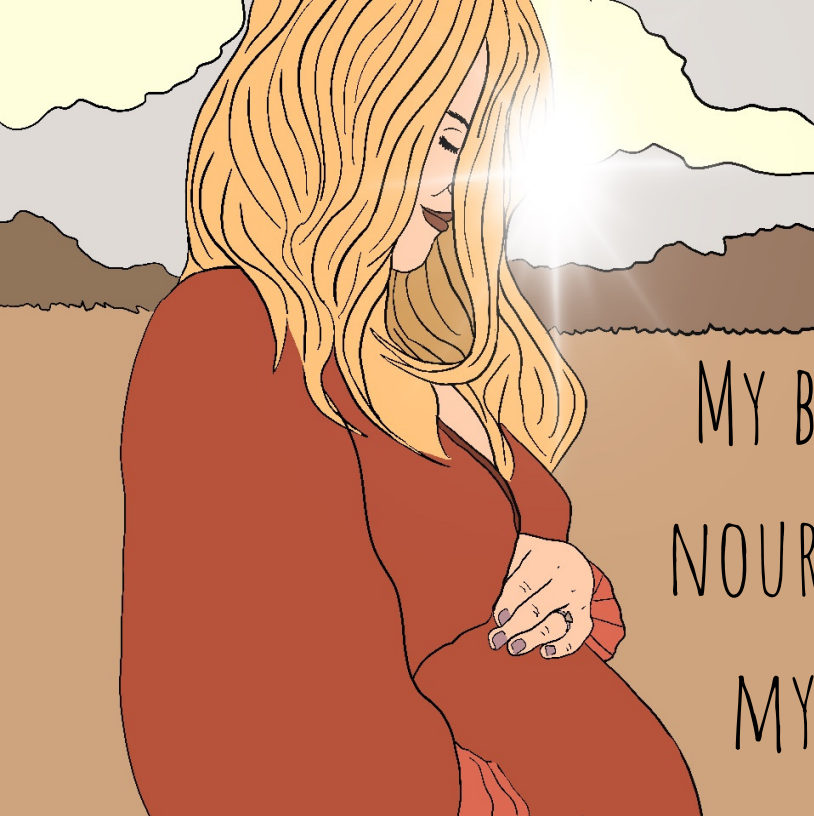
I AM PEACEFUL, MY BABY IS PEACEFUL

I HAVE WHAT  
I NEED TO  
BIRTH MY  
BABY





I TRUST MY  
BABY AND  
MY BODY TO  
CHOOSE OUR  
BIRTHDAY



MY BODY IS  
NOURISHING  
MY BABY



I HAVE THE POWER TO PUSH

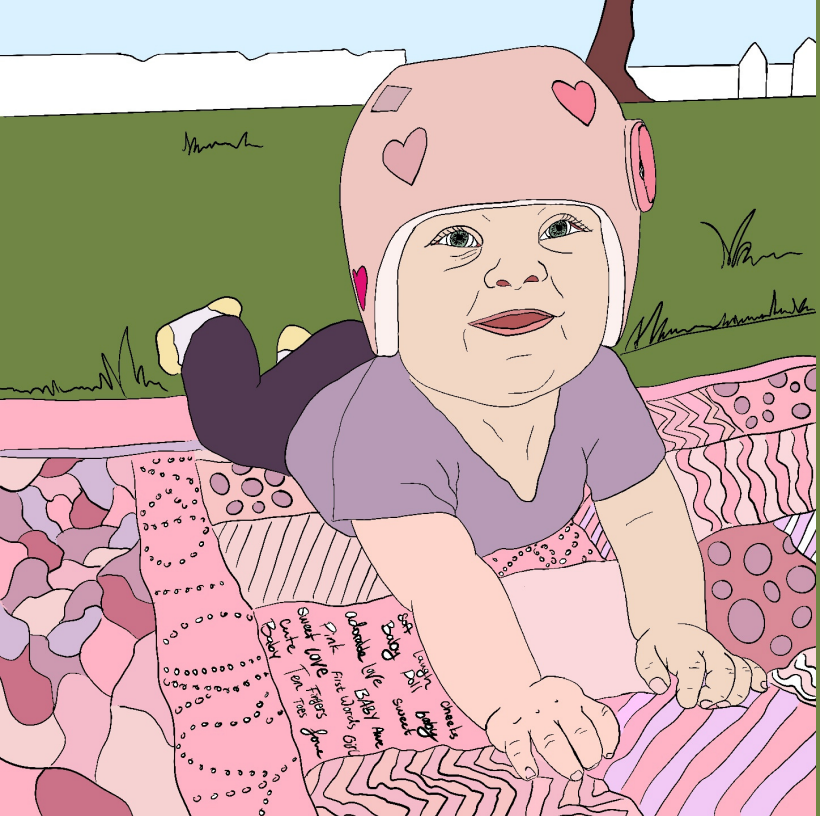


MY BABY IS  
UNIQUE AND  
DESIGNED BY  
GOD FOR A  
PURPOSE



MY PLACENTA IS  
NOURISHING  
MY BABY

# MY BABY IS BEAUTIFUL





MY BABY IS  
PERFECT AND  
DESIGNED  
FOR A  
PURPOSE