





**I AM  
STRONG**



Just  
let go


1 birth  
with  
ease







Labour  
is  
normal



Believe  
you can  
and you  
will



Women  
all over  
the world  
are birthing  
with me



I soften  
I open  
I release

Each surge  
brings my  
baby closer  
to me








My baby  
is healthy  
+  
**STRONG**

A vibrant yellow sunburst pattern radiates from the center of the image, creating a bright and energetic background. The rays are of varying lengths and thicknesses, giving it a hand-drawn, artistic feel.

Just  
breathe

I am  
**NOT**  
afraid



A circular wreath made of various yellow flowers, including small clusters and larger bell-shaped blooms, with green leaves and stems, framing the central text.

Birth  
is  
joyous





I  
trust  
birth



I am  
relaxed  
+ calm



A decorative border of yellow flowers and greenery frames the central text. The flowers are in various stages of bloom, with some showing detailed petals and centers. The greenery consists of thin, dark stems with small, oval-shaped leaves and clusters of tiny buds.

I enjoy  
the birth  
of my  
baby



My baby  
is  
coming



My baby  
will fit

Me + my  
baby are  
**SAFE**







Through  
pain,  
find  
strength

I trust  
my  
instincts



The image features a decorative border of yellow flowers and green foliage on the left and right sides. The text is centered in a black, handwritten-style font.

This baby  
will come  
out of my  
vagina



My baby  
is in the  
**PERFECT**  
position  
for birth