

I know how to take care of myself in pregnancy.

[www.thehappyarentsclub.co.uk](http://www.thehappyarentsclub.co.uk)

Birth is safe for me and my baby.

[www.thehappyarentsclub.co.uk](http://www.thehappyarentsclub.co.uk)

My baby will be born at the perfect time.

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I am surrounded by those who love and respect me.

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I will make plenty of breastmilk for my baby.

[www.thehappyclub.co.uk](http://www.thehappyclub.co.uk)

I am happy and excited about my pregnancy and I'm looking forward to a calm, quiet, and beautiful birth.

[www.thehappyclub.co.uk](http://www.thehappyclub.co.uk)

I am strong, courageous, confident, and resilient.

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I welcome the challenge of motherhood with grace and gratitude. My heart is filled with love.

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