

Week 36 Objective:

Use Quiet Time to create an affirmation for birth and welcoming baby.

YOUR BIRTH AFFIRMATION:

Create a statement of faith in yourself that you are becoming the best mother you can be. Find some powerful words that, when you say them, will remind you that you are fully capable of taking care of your new baby. Example: I'm ready to care for my baby.

I am: _____

(Say this out loud every day in front of the mirror when you get up and go to bed.)

Scenes of birth and bringing baby home:

Your affirmation and last week's Quiet Time exercise have helped prepare you mentally for labor. Now you need to get ready to welcome baby into this world. This is the climactic end of a beautiful movie and the beginning of another featuring a new young star. Turn on the CD for selection 12 or have your partner read each scene below. Now get comfortable. Close your eyes, relax, breath deeply, and turn the projector on.



Track 12

Scene 1: Giving Birth. Picture yourself getting ready to release your baby into the world. Your breathing is good; your contractions are strong. If it's a Cesarean, you are ready for that, too. Everyone is encouraging you. Baby is almost here. You feel a powerful urge. Then you feel a total release. There's a clamor. Oh my! The miracle of birth happens. You hear clapping and cheers. You've done it!