



I let my body
and my baby
set the pace.



I quiet my mind
and let my body
give birth.

Prenate®

Prenate®



I feel confident.
I feel safe.
I feel secure.



I relax and
my baby relaxes
with me.

Prenate®

Prenate®



My baby
will fit.



I look forward
to giving birth.

Prenate®

Prenate®



I trust my instincts.

Prenate®



I am prepared to meet whatever turn my birthing plan takes.

Prenate®



I can't stop the waves, but I can learn to surf.

Prenate®



With each deep breath, I feel better and better.

Prenate®



I am a force to be reckoned with.

Prenate®



Bring. It. On!

Prenate®