

~~~~~

I set all fears aside  
as I prepare to  
support my family.

*Prenate*®

~~~~~

I anticipate our
upcoming birth with joy
and peace in my heart.

Prenate®

~~~~~

I am fully present  
in each moment.

*Prenate*®

~~~~~

My role in the birthing
process is valuable
and irreplaceable.

Prenate®

~~~~~

My partner and  
I are the world's  
best team.

*Prenate*®

~~~~~

My partner, I,
and our baby are
doing this together.

Prenate®

I have all the knowledge and skills I need to support my partner as she gives birth.

Prenate

My job is to guide, protect, and be watchful and patient.

Prenate

Together my partner and I can handle anything that comes our way.

Prenate

I set all fears aside as I prepare to welcome our baby.

Prenate

I am prepared to calmly meet any unexpected turns on our birth journey.

Prenate

I am relaxed and happy that our baby is finally coming.

Prenate