



PRETERM & HIGH RISK
BIRTH AFFIRMATIONS

TO PRINT, STRING + DISPLAY

Empowered NICU Parenting 

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In preterm- and high-risk birth it is common and normal to feel fear and uncertainty for your baby and for yourself—you may wonder how your baby’s birth will unfold and what it will be like on the other side. You may feel anticipatory loss or anxiety about a birth plan gone in a new direction or for an unexpected postpartum hardship when you learn that your newborn will require a NICU stay. You may have weeks, days, or only hours between learning of your new path and meeting your baby.

Positive affirmations can help support you in your journey as an opportunity to identify and reframe scary or worrisome thoughts and feelings in order to empower how you think, feel, and take action for your family at every step along your path as you move through it.

This set of 21 original birth affirmations are meant to meet YOU wherever you are, right now. Not every affirmation will speak to you. You may have your own phrases or sayings that you want and need to hear right now. Feel free to take what you like and leave the rest.


If you feel called to create your own set of affirmations check out the full article at [Empowered NICU Parenting](#) with step by step guidance from Cristina Evans, birth doula and fourth trimester guru who also offers virtual birth affirmation workshops and banner kits with everything you need to DIY a powerful and personal set of affirmations.

Directions: 1. Print 2. Cut out each circle and hole punch the top twice 3. Use twine, string, or ribbon to display the set wherever they will serve you best. If you prefer something fancier you can decorate each affirmation with markers or colored pencils, or paste each circle onto a square or circular shaped backing slightly larger than the printable, hole punch the backing and string them for display.




I trust my body.
I trust my baby.






My intuition
guides our
journey.





We are in the
right place,
at the right
time.





We have the
right team at
our side.



My baby will
come out of my
vagina.




I am proud of
the choices I
have made for
us so far.





My baby will be
born safely.






We can do this
together.





I am safe,
my baby is safe.






I have a say in
what happens
here.



My baby and my
body know.






Breathe in
relaxation.
Breathe out
tension.






Inhale peace,
exhale fear.





My baby will be
born and I am
the best parent
for them.





My baby will be
born and I am
prepared to do
whatever it takes.






I surrender to my
baby and my body.





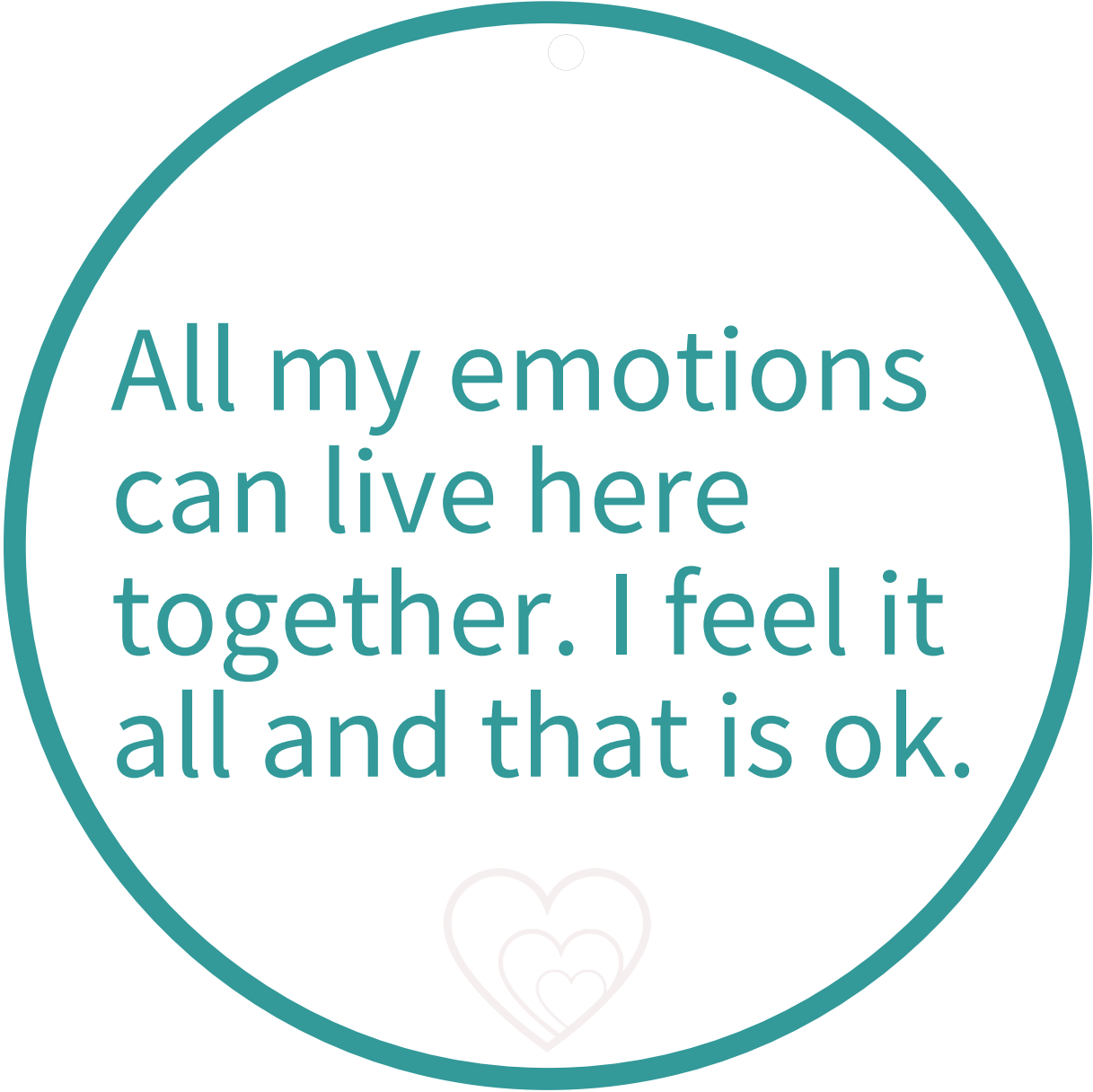
Keep breathing.
Slow and even.





Every contraction
brings us closer to
the next part of our
journey together.





All my emotions
can live here
together. I feel it
all and that is ok.





This may be difficult,
and I can do it.





I am here
right now.

