

HELPFUL WORDS & PHRASES

- Long, slow, deep breath.
- Relax your shoulders.
- Relax your neck.
- Relax your hands.
- Relax your shoulders.
- Relax your jaw.
- Loose and limp like a doll.
- Keep breathing.
- Breathe all the way down to the baby.
- Feel yourself relax and melt into the pillow (bed) (ball) (whatever she is laying on).
- Breathe off the contraction. (audible exhale through your mouth) breathe it off.
- Relax deeper and deeper... totally at rest.
- Go in and find your baby. Put your arms around your baby hold them, help them to feel safe.
- I am so proud of you.
- Trust your body. Allow your body to be totally relaxed.
- Imagine your cervix being soft and open. Soft and open.
- You are doing a really great job.
- loooooong slooooooow deeeeeeeep breaths.
- Good you are breathing perfectly.
- Relax all your muscles.
- Keep your jaw soft, breathing through a nice open throat.
- It's just pressure.
- You got this, you are totally doing this!
- Your body was made for this, you are doing an amazing job.
- Your doing everthing right.
- Focus and relax.
- Keep breathing, keep relaxing.
- I know you can do this. You can do this.
- Do what feels good (movement, moaning).
- Let everything go and free your mind.
- Moan it out and keep it low. Moan nice and low.