

Working together, we
experience the healthy,
joyful birth of our baby.

www.brigidsgrove.com



My partner is a strong
and capable woman.

www.brigidsgrove.com



I am able to support my
partner during
pregnancy and birth.

www.brigidsgrove.com



I welcome this labor as
the right labor.

www.brigidsgrove.com



My love supports,
strengthens, and
encourages my partner.

www.brigidsgrove.com



The present moment is
all I need to be with.

www.brigidsgrove.com



Childbirth is a normal,
healthy event.

www.brigidsgrove.com



The strength of the
contractions is an expression of
healthy, normal power.

www.brigidsgrove.com



I greet my baby with
love.

www.brigidsgrove.com



Right here, right now.

www.brigidsgrove.com



I belong in this moment.

www.brigidsgrove.com



As my baby works to be born, I am being born as a father.

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I am ready for this baby.

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I am calm and confident.

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Each contraction is bringing our baby closer.

www.brigidsgrove.com



My mind is relaxed, my body is relaxed.

www.brigidsgrove.com



Her body knows how to birth our baby.

www.brigidsgrove.com



There is no “right way,” there is only this baby’s birth.

www.brigidsgrove.com



I celebrate the birth of my child.

www.brigidsgrove.com



The power of birth strengthens us.

www.brigidsgrove.com

