



ENCOURAGING WORDS DURING LABOR

"You are beautiful."

"I love you!"

"It is OK to feel this way."

"That was a good one!"

"I am here."

"You are doing so well."

"Let's take this one contraction at a time."

"I will help you."

"You are strong."

"You are enough."

"That sounds perfect."

"That's it!"

"You are bringing baby closer."

"YOU ARE DONE WITH THAT ONE."

"You are working so hard!"

"How can I help?"

"You are amazing!"

"Lean on me."

"Hold my hand."
