

LABOR IS NOT
SOMETHING
HAPPENING TO ME,
BUT SOMETHING I
MAKE HAPPEN!

I AM STRONG!

I AM CAPABLE!

I BELIEVE IN
MY BODY!

Birth is
Safe!

*I Will Not
Suffer While
I Birth My
Baby*

"THERE IS A SECRET IN
OUR CULTURE, AND IT'S
NOT THAT BIRTH IS
PAINFUL. IT'S THAT
WOMEN ARE STRONG."

~LAURA STAVOE HARM

MY BODY
KNOWS
HOW TO
GIVE BIRTH

*I am
Surrounded by
Loving Support*

A pink rounded rectangle with a soft, pastel hue.

Open

A solid yellow circle with a warm, sunny tone.

BREATHE

A large orange heart shape with a soft, warm tone.

Release