

Affirmation

/afar'māSH(ə)n/ ——— noun

"A positive sentence you pin into your subconscious and make your days better".



NMH Foundation

This initiative is kindly supported by the NMH Foundation which raise vital funds for The National Maternity Hospital, with a focus on advancing maternal and neonatal health, through funding research, innovation and excellence in care.



www.nmhfoundation.ie



Domino/Home-birth Service

The Domino and Home-birth service are very grateful to the NMH foundation for supporting our work. This service provides continuity of care and choice to low risk women throughout pregnancy, labour and the postnatal period in our Dublin and Wicklow catchment areas.



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These affirmation cards were designed by community midwife Alice Hoffmeister

I am prepared for whatever
birth my baby needs



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This is a joint venture between the **NMH Foundation, Domino/Home-birth Service** and
by **community midwife Alice Hoffmeister**



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My body knows how to
nourish and grow my
baby.



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My body is designed to
do this



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I think positive and
calming thoughts

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I embrace changes
to my body



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I am preparing
for an active birth



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My baby and I are
healthy and strong

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The image features a serene sunset scene over a body of water. The sun is a bright orange orb on the horizon, with its light reflecting across the water's surface. The sky transitions from a deep orange near the horizon to a pale, hazy blue at the top. The water in the foreground is dark, with some ripples and a reflection of the sun. A teal gradient bar is positioned on the left side of the image, partially overlapping the sunset scene. A white rounded rectangle is centered on the teal bar, containing the text "I can do this".

I can do this

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I will meet my
baby soon



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I trust my body

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Each wave brings me
closer to my baby

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Breathe
baby
down

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I visualise my baby in the
perfect position for birth

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soften
open
release

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I can do anything for
one minute



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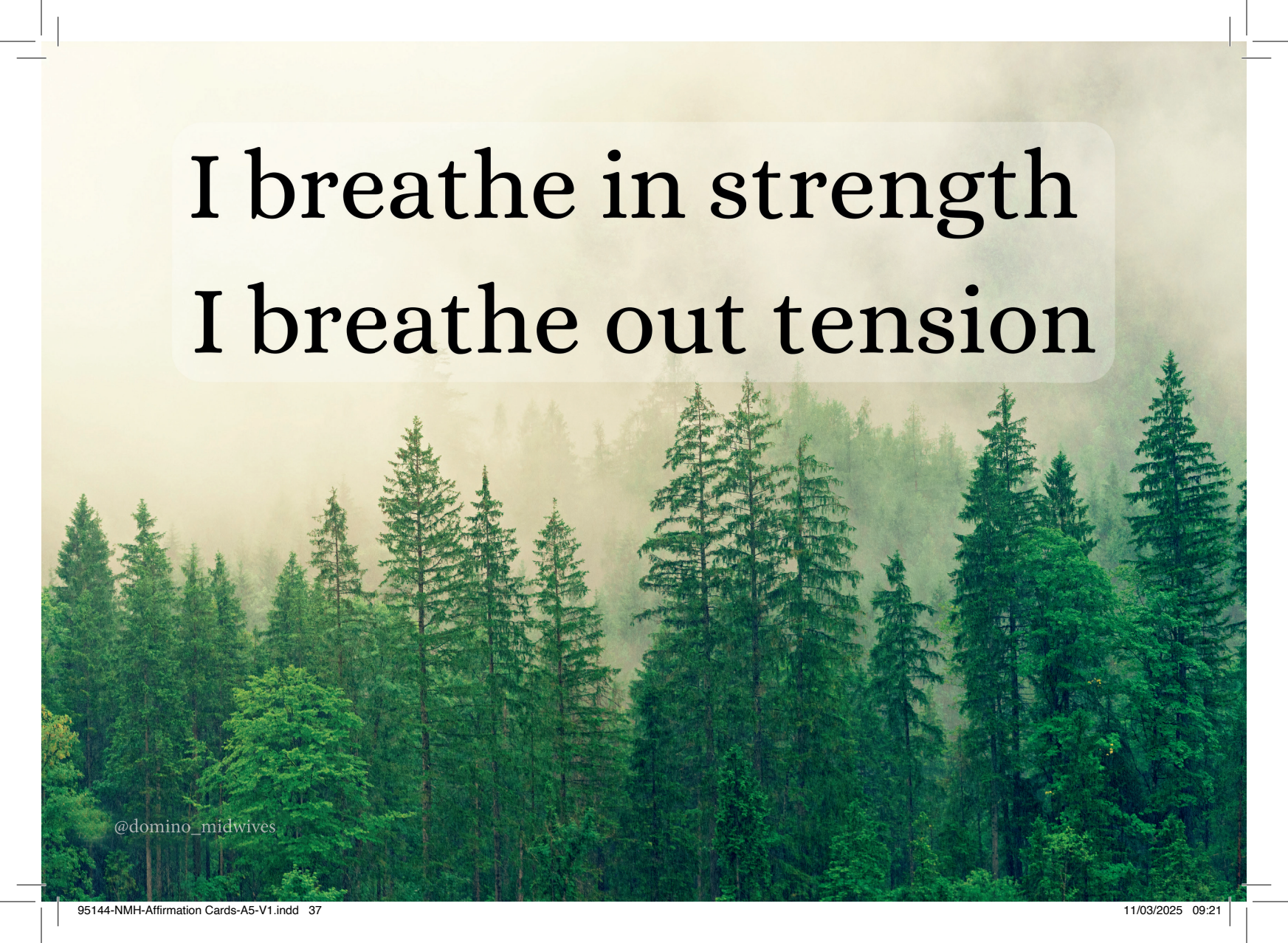


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I breathe in strength
I breathe out tension

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My body knows
what to do

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The image features a soft, warm sunset background with a gradient from light blue to orange. In the foreground, several cosmos flowers are in bloom, their white petals and dark centers silhouetted against the bright sky. The text is presented in three stacked, rounded rectangular boxes with a light beige background and a subtle drop shadow. The text is in a clean, black, serif font.


I am calm
I am confident
We are safe

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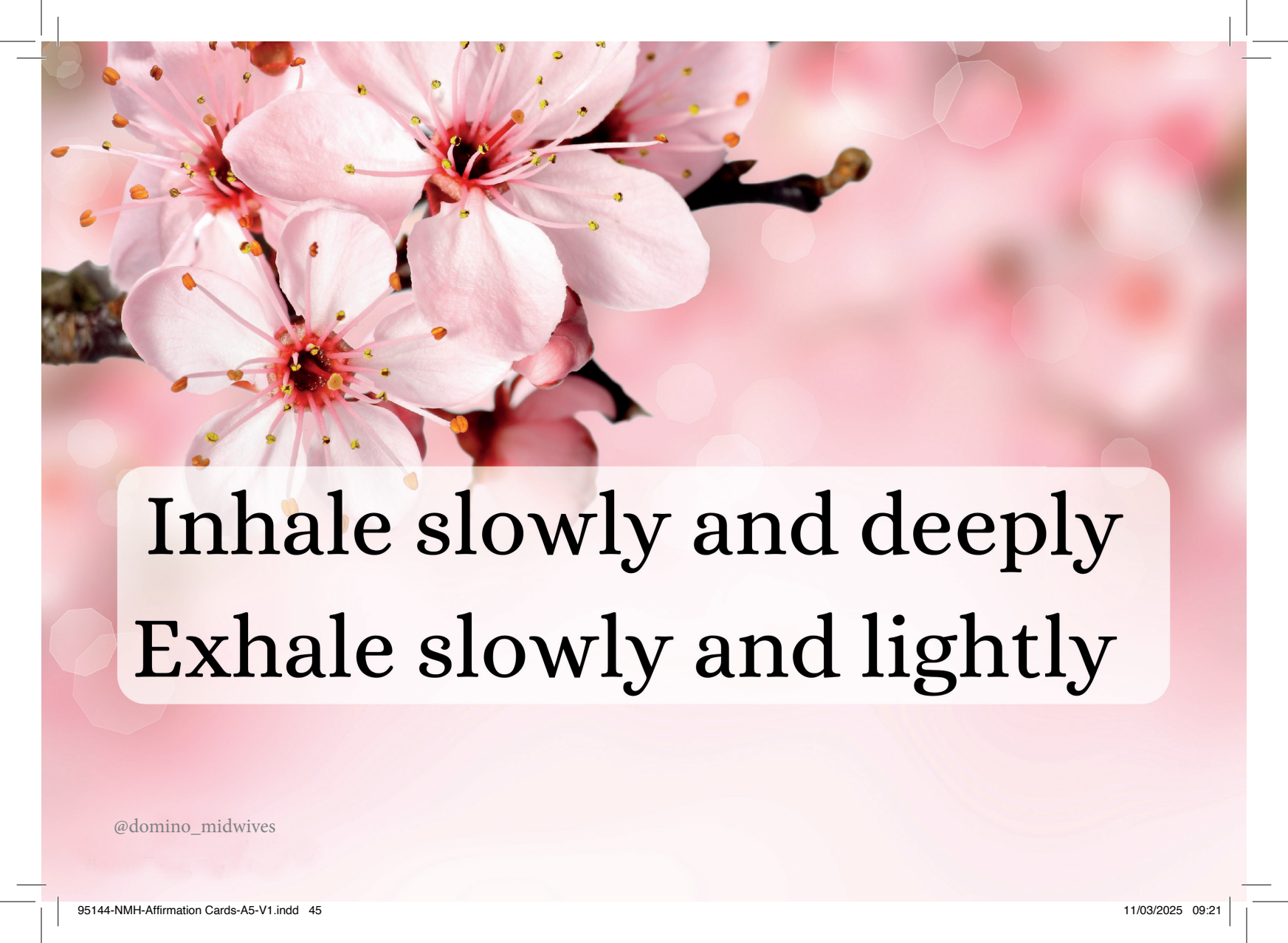
My mind is relaxed
My body is relaxed

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A close-up photograph of several pink cherry blossoms in full bloom, with delicate petals and prominent stamens. The background is a soft, out-of-focus pink, creating a bokeh effect. The text is centered in a white rounded rectangle.


**Inhale slowly and deeply
Exhale slowly and lightly**

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**My wonderful body is
recovering and healing**




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My baby and I are learning
and growing together

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I welcome help from my
partner, family and friends



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I take good care of myself
and my baby

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I give myself permission
to rest

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I am proud of myself for
doing the best that I can



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I am patient with myself as I
learn to care for my baby



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