

# Fetal Affirmations

These prenatal affirmations were developed by a therapy group called the Corrective Parenting Community. These are the thoughts we would hope that a healthy mother would be having about her yet-to-be-born baby.

Use them in any way you see fit by saying one of them out loud, once or more during each session. If they annoy your child, just keep one of them in your mind as an affirmation for yourself to your child as they are working.

We want your child to absorb THIS sense of the world, rather than the one they are living in.



- You are wanted and loveable.
- You are growing.
- You are strong and healthy.
- You can enjoy your body and move freely.
- You can be as close as you need to be.
- You know what you need and how to get your needs met in a healthy manner.
- You know what you are feeling and can express those feelings.
- You are entitled to be taken care of in a healthy way.
- You are whole.
- You are separate.
- You are bright and beautiful.

