



Childbirth Quotes

- Women, don't ever apologize for your behavior or choices during birth. When you OWN your experience and take pride in your journey, you help other women do the same thing. No matter how you did it, you just brought a human being into the world! The world should be kneeling at your feet." – Lauralyn Curtis
- Imagine what might happen if women emerged from their labor beds with a renewed sense of the strength and power of their bodies, and of their capacity for ecstasy through giving birth — Dr. Christiane Northrup
- Remember that each labor contraction is caused by a wave of Oxytocin (the love hormone) coursing through your body. So, very literally, each birthing surge is a surge of love. Allow yourself to meet each surge with the same warmth, intimacy and acceptance that you would experience during a kiss or a loving embrace. - Lauralyn Curtis
- A healthy woman who delivers spontaneously performs a job that cannot be improved upon. - Aidan MacFarlane author of *The Psychology of Childbirth* (1977)
- Muscles send messages to each other. Clenched fists, a tight mouth, a furrowed brow, all send signals to the birth-passage muscles, the very ones that need to be loosened. Opening up to relax these upper-body parts relaxes the lower ones. – William and Martha Sears
- Giving birth should be your greatest achievement not your greatest fear. — Jane Weideman
- There is a secret in our culture, and it's not that birth is painful. It's that women are strong. — Laura Stavoe Harm
- The wisdom and compassion a woman can intuitively experience in childbirth can make her a source of healing and understanding for other women. — Stephen Gaskin
- When I say painless, please understand, I don't mean you will not feel anything. What you will feel is a lot of pressure; you will feel the might of creation move through you. Pain, however, is associated with something gone wrong. Childbirth is a lot of hard work, and the sensations that accompany it are very strong, but there is nothing wrong with labor. – Giuditta Tornetta

- I think one of the best things we could do would be to help women/parents/families discover their own birth power, from within themselves. And to let them know it's always been there, they just needed to tap into it. – John H. Kennell, MD
- So the question remains. Is childbirth painful? Yes. It can be, along with a thousand amazing sensations for which we have yet to find adequate language. Every birth is different, and every woman's experience and telling of her story will be unique. –Marcie Macari
- Keeping active during labour and adopting natural, upright or crouching birth positions is the safest, most enjoyable, most economical and sensible way for the majority of women to give birth. – Janet Balaskas
- However much we know about birth in general, we know nothing about a particular birth. We must let it unfold with its own uniqueness. – Elizabeth Noble
- Childbirth is more admirable than conquest, more amazing than self-defense, and as courageous as either one. — Gloria Steinem, *Ms. Magazine*, April 1981
- When you find the right care provider, they will understand your birth plan before you even show it to them, because it's what they already do EVERY DAY. — Lauralyn Curtis
- You can't stop the waves, but you can learn to surf – Utah Hypnobabies
- Remember this, for it is as true and true gets: Your body is not a lemon. You are not a machine. The Creator is not a careless mechanic. Human female bodies have the same potential to give birth well as aardvarks, lions, rhinoceri, elephants, moose, and water buffalo. Even if it has not been your habit throughout your life so far, I recommend that you learn to think positively about your body—Ina May Gaskin
- There is no other organ quite like the uterus. If men had such an organ they would brag about it. So should we. —Ina May Gaskin
- It seems an insult to nature and to the Creator to imagine that pregnancy was ever intended to be a sickness. —Mrs E.B. Duffey, *What Women Should Know*, 1873
- We repeatedly tell patients we are not in a hurry; there are no trains to catch and we don't care when the baby comes, only how! A doctor who is in a hurry does not belong in the field of obstetrics. As my chief pointed out, "An obstetrician should have a big rear end and the good sense to sit calmly thereupon and let nature take its course. —Robert A. Bradley
- Everything comes gradually and at its appointed hour. —Ovid
- The childbirth class neglected to teach you a critical skill. How to swear, breathe and count all at the same time. —Linda Fiterman, *From Colic to College: Chuckling Your Way Through Parenthood*