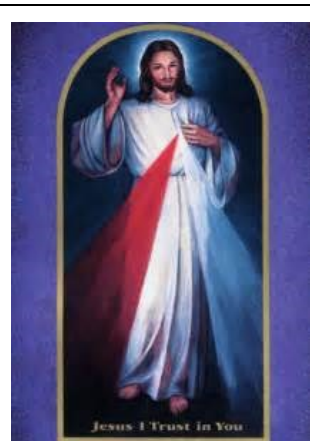





## Affirmation Cards for Mothers by Catholic Doula Program©

First Set will be “Catholic” Affirmation Cards for Pregnancy/Labor and second set will be “Generic” Affirmation Cards for Mothers. Just Print, laminate and cut out!

We tried to find Creative Common pictures or “public domain” pictures to use for these. Thank you!

Feel free to use and share as long as our copyright stays on the cards. Thank you!

|   |  |  |  |
|---|--|--|--|
|  A religious painting of the Christ the King, showing Jesus with a white robe and a red sash, standing in a blue archway. The text "Jesus I Trust in You" is visible at the bottom of the image. | <p><b>Jesus I Trust in Thee!</b><br/><b>Jesus Have Mercy On Me!</b><br/><b>Jesus Help Me through this Pressure Wave!</b></p> <p>Copyright 2017©<br/>Catholic Doula</p> |  A religious statue of the Infant Jesus of Prague, depicting the young Jesus in a red and gold robe, holding a cross and a host, standing on a blue base. | <p><b>Infant Jesus of Prague, Pray for me and my baby!</b></p> <p>Copyright 2017©<br/>Catholic Doula</p>   |
|  A black and white photograph of the Virgin Mary, wearing a white veil and a white robe, with her hands clasped in prayer.   | <p><b>Mary, My Confidence – Pray for Me!</b><br/><b>Mary Help Keep Me Calm During This Pressure Wave!</b></p> <p>Copyright 2017©<br/>Catholic Doula</p>                |  A religious painting of the Virgin Mary, wearing a blue mantle over a red dress, with her hands clasped in prayer.                                      | <p><b>Mary Mother of Mercy and Our Lady of Sorrows</b><br/><b>Keep me Safe During My Delivery!</b></p> <p>Copyright 2017©<br/>Catholic Doula</p> |

**More Catholic Ones:**

|   |   |  |   |
|---|---|--|---|
|    | <p><b>Breastfeeding is Relaxing and Calming to me and my Baby!</b></p> <p>Copyright 2020© Catholic Doula</p>                                    |    | <p><b>Mary My Mother Help Me in my pregnancy, birth, And postpartum ...Hail Mary!</b></p> <p>Copyright 2020© Catholic Doula</p>                         |
|   | <p><b>“Let it be done to me according to Your Word” Let this Baby Come How you wish! Jesus, Mary!</b></p> <p>Copyright 2020© Catholic Doula</p> |   | <p><b>Mary Help me! “Am I not your mother?” Mary Guadalupe!</b></p> <p>Copyright 2020© Catholic Doula</p>   |
|  | <p><b>Mary’s Heart So Pure ... Give Me Strength to Do God’s Will in This Birth!</b></p> <p>Copyright 2020© Catholic Doula</p>                   |  | <p><b>Rosa Mystica Pray for Me Hail Mary Full of Grace Help me Breathe My Baby Down and Out Safely Today!</b></p> <p>Copyright 2020© Catholic Doula</p> |

Generic Cards Next page....

Generic Cards for Mothers:

**I am Relaxed and Calm**



Copyright  
2020©  
Catholic  
Doula P.

**I trust my body to give birth safely and peacefully**

Copyright 2020© Catholic Doula P.



**Each Surge Brings Me Closer to My Baby** - Copyright 2020© Catholic Doula



**My body opens, my mind quiets,  
my baby descends**



Copyright 2020©  
Catholic Doula



**I trust my Ability to birth  
my baby**



**Copyright 2020© Catholic Doula**

**My body is amazing!**

**Copyright 2020© Catholic Doula**



**Baby  
Come  
On  
Down  
To  
Mom  
And  
Daddy!**  
Copyright  
2020©



**I am  
Strong  
For  
My  
Baby!  
Come  
On  
Down!**

**The Surges are Soft like Waves!**  
**(Copyright 2020© Catholic Doula)**

**Hope you enjoy the cards!!**