Birth with Confidence

Birth with Peace

Birth Unafraid™

FROM FEAR TO FAITH:

TRANSFORMATIONAL PRENATAL EDUCATION FOR CLIENTS & PREGNANCY CENTRES



Scan to access this presentation & follow along

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



IN THIS WORKSHOP WE WILL:

- DISCUSS FEAR AS A SPIRITUAL CONDITION
- INTRODUCE OUR 9-STEP RENEWAL ROADMAP - A BIBLICAL AND EVIDENCE-BASED APPROACH TO BIRTH
- EXPLORE A VISION FOR SUSTAINABLE MINISTRY THAT DOESN'T REQUIRE COMPROMISE

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

BIRTH UNAFRAID - 2015
THE PRACTICAL PREGNANCY COMPANY - 2021



TAMARA

- Registered Midwife (1997-present)
- Sessional Instructor at McMaster University (MEP 2003 - 2012)

SANDY

- Client Care Coordinator at Clarity Pregnancy Options (2023 - present)
- Registered Nurse (1994 - present)
- Registered Midwife (1997-2022)
- Sessional Instructor at McMaster University (MEP 2000 - 2022)
- Head Midwife for the Niagara Health System (15 years)

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

THE CLIENTS WE SERVE







© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

QUESTION

When a woman chooses life… does fear disappear?



© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



FEAR IS THE THROUGH-LINE - BEFORE & AFTER THE DECISION

It is the leading force driving abortion decisions.

Most women entering Pregnancy Care Centres are not simply lacking information - they are navigating overwhelming fear.
Even when a woman chooses life, that fear does not disappear - it shifts into pregnancy, birth and beyond.

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



A CONDITION OF THE HEART

Fear is not merely a lack of knowledge.
It is a spiritual and emotional condition of the heart.

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

THE ENEMY, FEAR, AND BIRTH: A SPIRITUAL PERSPECTIVE

Fear is spiritual. Scripture shows it does not come from God, but opposes His nature of peace (2 Timothy 1:7). It affects the heart and mind - the inner life where trust in God either grows or is undermined. The enemy uses fear to distort truth, weaken faith, and draw people away from reliance on God. When fear takes hold, it shifts a person’s focus from God’s presence to their circumstances, which is at the core of the spiritual battle.



Fear of birth is spiritual because it directly challenges God’s design and intention for women in a deeply significant, life-giving moment. It targets a woman’s heart and mind, tempting her to distrust her body and doubt God’s presence and goodness. The enemy uses that fear to replace peace with anxiety, making her feel alone, powerless, and unsafe. In doing so, it pulls her focus away from relying on God and toward striving or fear, which is the heart of the spiritual battle in birth.

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

muscles

hormones

neurons

brain

BODY

see, hear, touch, experience...

INFORMATION INTO BRAIN

movies, TV, 'birth horror stories' from family & friends, curse of Eve, experience

experience

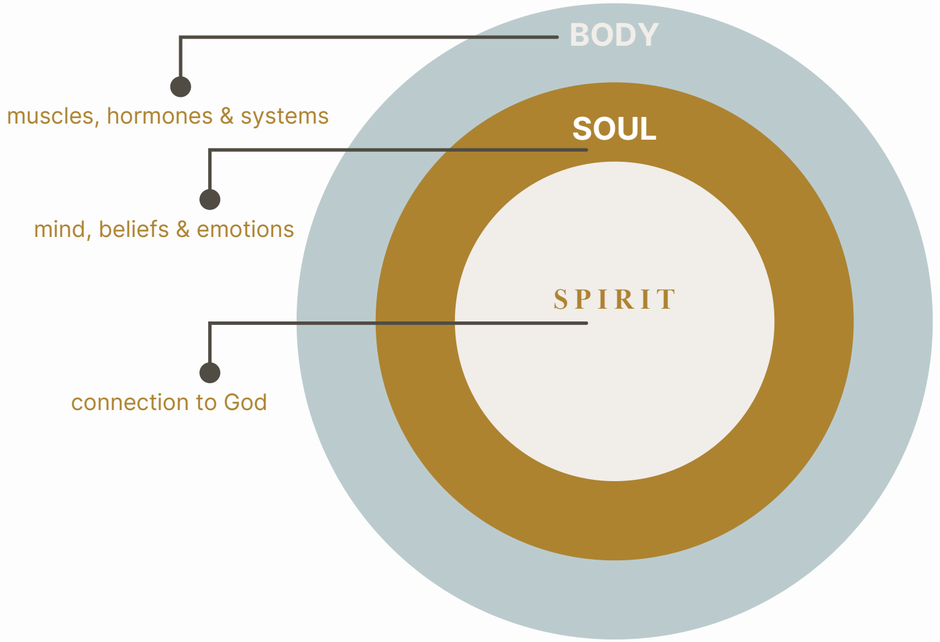
BELIEFS

birth is painful,
terrible
and ends poorly

EMOTIONS

fear, worry, dread

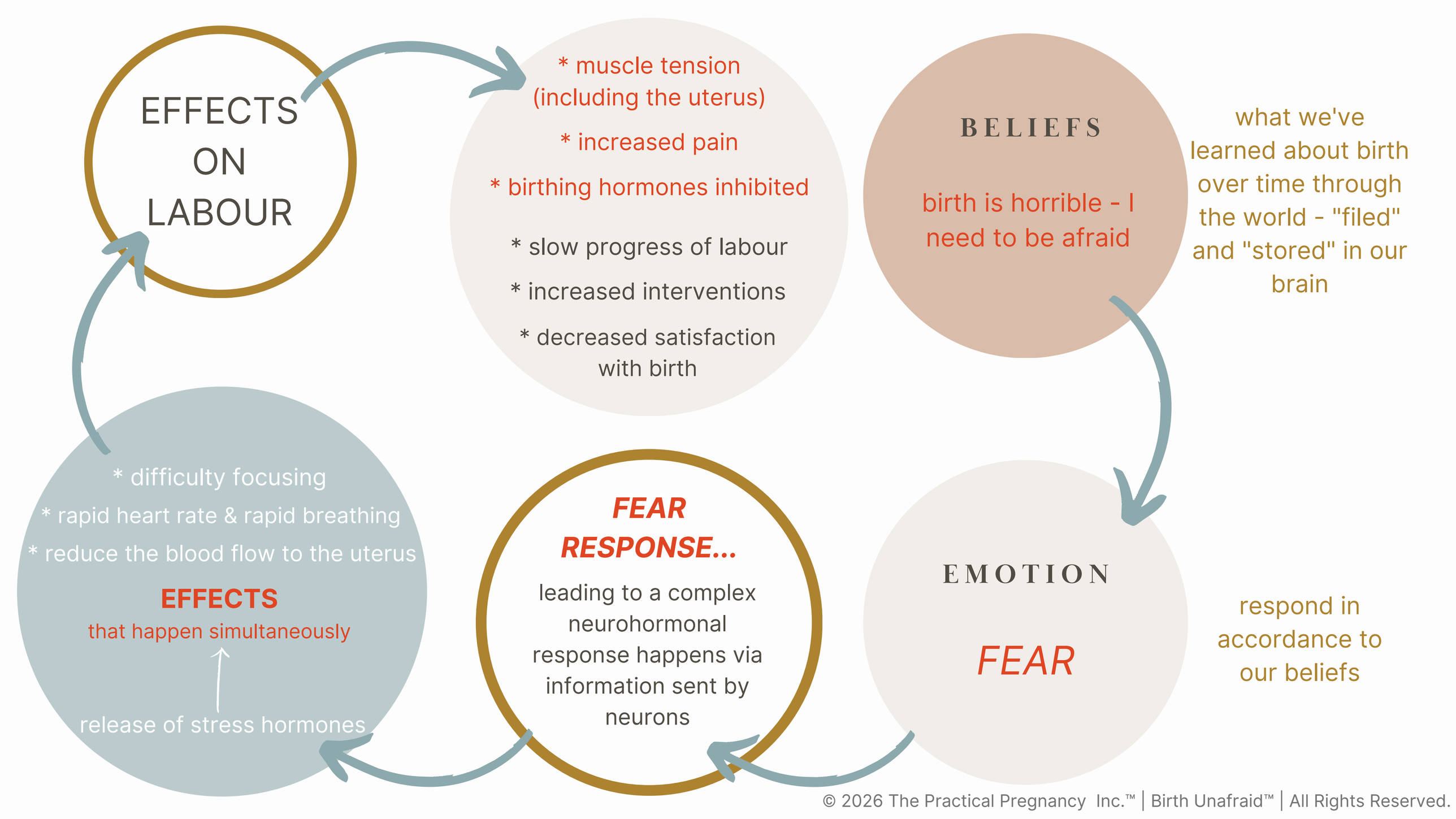
emotional feelings expressed physically



what we've learned over time through the information above - "filed" and "stored" in our brain

respond in accordance to our beliefs

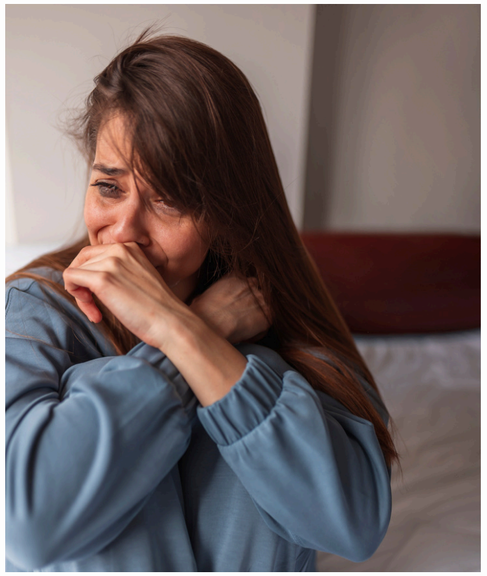
© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

WE BELIEVE

- Birth is part of God’s good design as life-giving, purposeful & sacred
- It is not just physical - it is body, soul, and spirit (1 Thessalonians 5:23)
- Designed to be an experience where a woman can:
  - Encounter God’s presence
  - Discover strength
  - Grow in faith and surrender



The Enemy’s Strategy: Distort, Divide, and Deceive

- He targets women because:
  - Women carry life
  - Women influence generations and therefore the Kingdom of God
- His tactics:
  - Distort God’s truth
  - Create fear and mistrust of God
  - Separate women from their identity and design

Fear is used as a Spiritual Weapon in Birth

- The enemy uses fear in birth to:
  - Increase tension → increases pain
  - Disrupt peace and trust
  - Isolate women from God’s presence

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



CURSE OF EVE?

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

STACIA GUZZIO

"THE ‘CURSE OF EVE’ – IS PAIN OUR PUNISHMENT? PART 1"

"Why would God use such an incredible event to punish us? What about women who don’t experience any pain in childbirth at all? What about women who do not have children? Is God’s punishment reserved for those who procreate? This doesn’t seem to make much sense in a larger spiritual framework."



© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

THE MISUNDERSTOOD “CURSE” OF EVE

Genesis 3:16 is often interpreted as “childbirth must be painful.” However, the Hebrew word translated as “pain” (itstsabon) is also used in Genesis 3:17 for Adam’s toil & it implies sorrow, hardship, struggle - not a mandate of physical pain alone. This is a description of a fallen world, not a command or design from God. Just as we use tools and wisdom to ease Adam’s toil, we can approach birth in this way too.



© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

THE GOOD NEWS

- God’s design in birth shows intentional provision - not a design for suffering
- Oxytocin (labour hormone) and endorphins (pain-relieving hormones) work together in the same pathway
- The body is equipped to strengthen labour while naturally reducing pain
- In a calm, safe state (parasympathetic):
  - Oxytocin flows effectively
  - Endorphins increase → natural pain relief
  - Labour is more efficient and manageable
- In fear/stress (sympathetic “fight or flight”):
  - Catecholamines increase
  - Oxytocin is inhibited
  - Pain intensifies and labour may be disrupted
  - Pain is amplified by fear - not simply inherent to birth itself
- Reframing the “curse” (Book of Genesis):
  - Pain entered the world, but God did not remove His design for relief
  - A pathway of peace, trust, and support remains embedded in birth
- Birth reflects a design that works with the body - not against it
- Invites women into calm, surrender, and trust rather than fear



© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

Why Birth Matters So Deeply

The Battle for Surrender: “Who” vs “What”

- The world teaches women to trust their bodies (*a “what”*)
- But bodies can feel unpredictable → leads to fear
- God invites women to surrender to a **Who** (Him)
- When a woman turns to God in labour:
  - She can experience peace even in intensity
  - She is not alone
  - Fear loses its grip
- Birth is a formational experience that can build confidence, strength, and faith OR reinforce fear, trauma & disconnection
- The enemy wants women to:
  - feel powerless
  - resent their bodies
  - question God’s goodness
- God desires:
  - Restoration
  - Trust
  - Encounter



Redemption: God Meets Women in Birth

- God is present in the moment of labour (Psalm 34:4, Isaiah 41:10)
- Women can:
  - Call on Him
  - Receive peace beyond understanding
  - Experience His nearness in a powerful way
- Birth becomes not just something to survive, but an opportunity to meet God

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



SO HOW DO WE CHANGE THE PERSPECTIVE AND EXPERIENCE OF BIRTH?

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

TRADITIONAL PRENATAL EDUCATION

Traditional prenatal education attempts to decrease fear through information - stages of labour, potential complications, and what could go wrong. This can unintentionally increase anxiety, as women are left carrying knowledge without the tools to process it in a peaceful, confident way. Information alone does not calm the nervous system or build trust. Information alone does not bring peace. This type of education inevitably leaves women asking the question:

WHAT IF?!....



© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

FEAR-FREE PRENATAL EDUCATION

What women truly need is transformation - support that renews how they think, equips them to handle fear, and anchors them in peace so their bodies can function as they were designed to. Fear-free prenatal education helps women by addressing not just what birth is, but how to experience it - with peace, confidence, and a sense of safety. For vulnerable women, especially those facing unexpected pregnancies or limited support, fear can be overwhelming and isolating; reducing that fear can change their entire experience. When they are equipped with tools to find calm and trust, their bodies can function more effectively, and they are less likely to feel powerless or alone. This kind of support doesn't just prepare them for birth - it restores dignity, builds resilience, and opens the door to deeper trust in both themselves and God. It allows peace 'no matter what'.



© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

TEACH WOMEN THAT OUTCOMES DO NOT DETERMINE WORTH OR BIRTHING SUCCESS

01 If birth is fast - success

02 If pain is manageable - success.

03 If interventions are avoided - success.

When these scenarios don’t happen, women internalize failure - even when they did nothing wrong. This approach is not simply unbiblical. t’s heavy.

It places responsibility where it was never meant to rest - entirely on the woman. This messaging opens the door to fear, shame, guilt, and condemnation.

It replaces identity rooted in Christ with identity rooted in performance, slowly tying a woman’s worth to outcomes that were never meant to define her.

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

‘EVEN IF’

01 Even if birth is long - there is still success.

02 Even if pain is intense - there is still success.

03 Even if interventions are needed - there is still success.

Success is not defined by outcomes, but by presence, surrender, and perseverance. Even if birth does not go as hoped, a woman has not failed - because the weight of birth was never meant to rest entirely on her. This approach is freeing, not heavy; it reflects a God who meets women in every outcome, not just the ideal ones.



© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

SO, HOW DO WE BOTH INFORM AND TRANSFORM? HOW DO WE LEARN TO LIVE WITH AN ‘EVEN IF’ MENTALITY?



© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

THROUGH THE RENEWAL OF THE MIND

"I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind....."

ROMANS 12:1-2

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.


Science Finally Proved What Romans 12:2 Has Always Said (This Will Blow Your M
GW-NEMA
ROMANS 12:2
Watch on YouTube

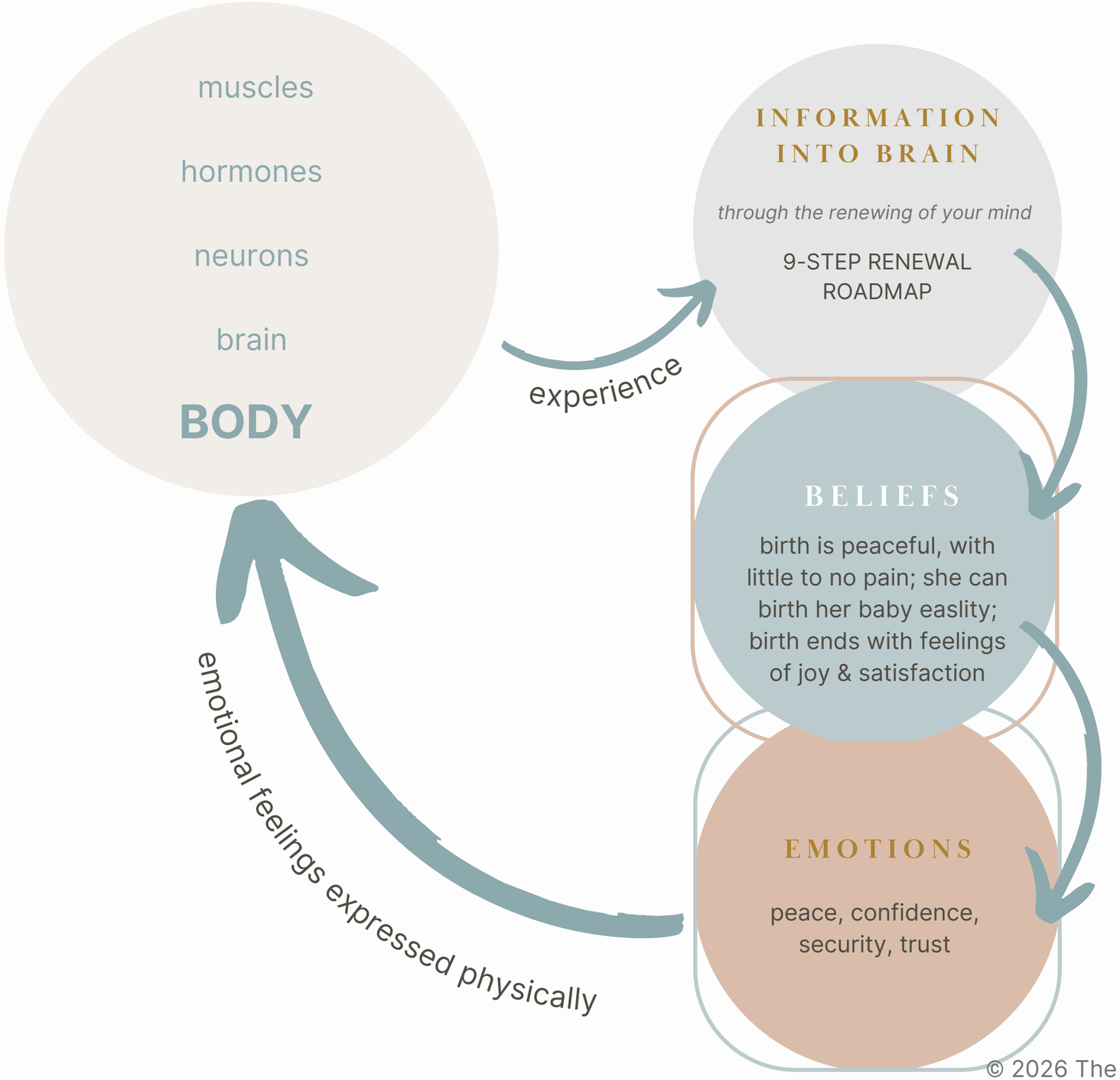


Respire	Recognize	Replace
Reflect	Read	Recite
Rejoice	Rest	Reinforce



THE 9-STEP RENEWAL ROADMAP™

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

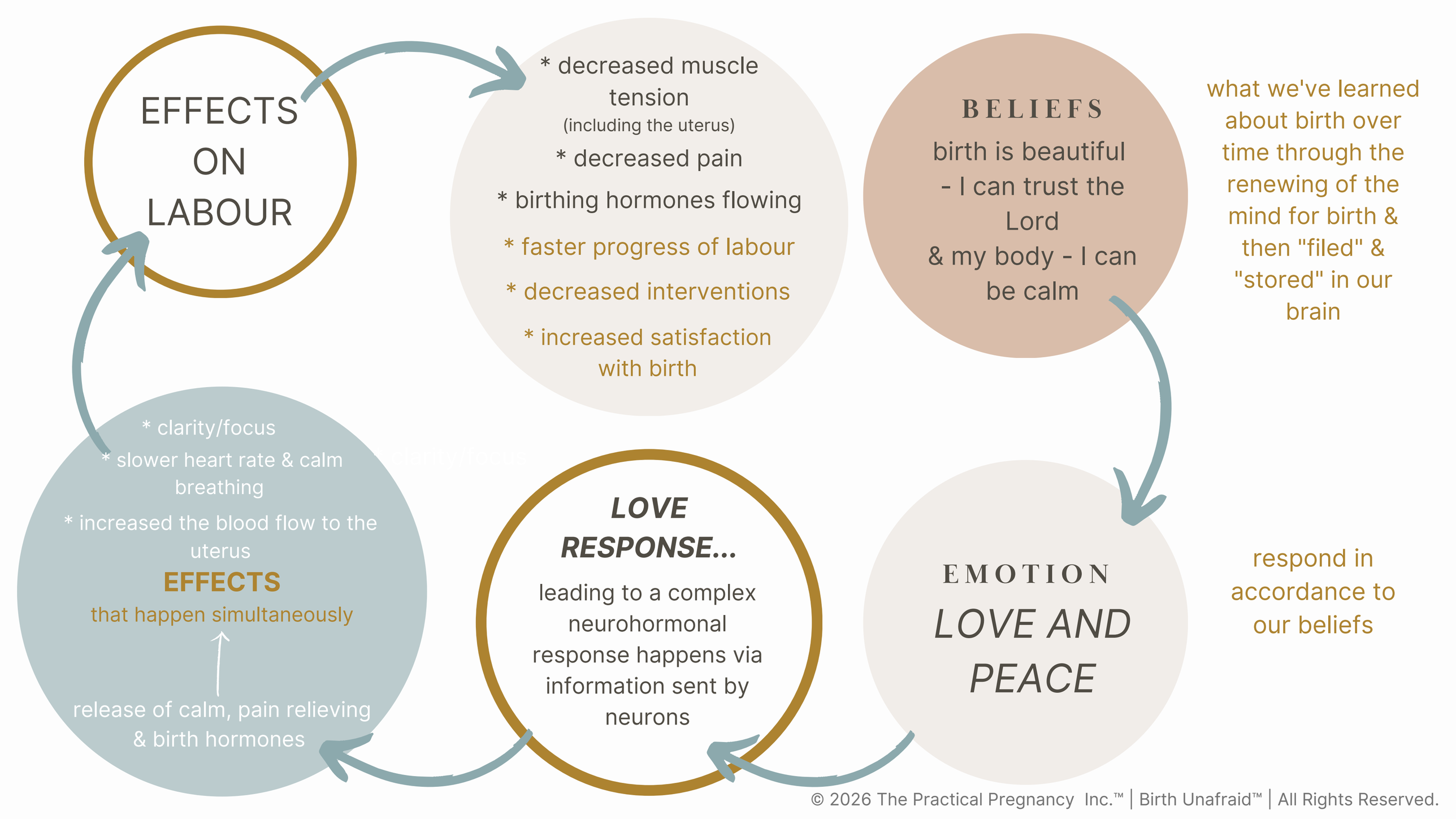


see, hear, touch, experience...

what we've learned over time through the information above - "filed" and "stored" in our brain

respond in accordance to our beliefs

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



PREGNANCY CENTRE PARTNERSHIPS

Why is this approach important for you?

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



Impact on clients

- Many clients arrive vulnerable (fear, pressure, trauma, uncertainty)
- Replaces fear-based thinking with truth, peace, and hope
- Rebuilds identity → “I am capable, strong, and created with purpose”
- Counters cultural messages that devalue motherhood and the baby
- Builds confidence for pregnancy, birth, and parenting
- Creates a safe space to encounter God (invitation, not pressure)
- Shifts mindset from control → surrender to a who (God)
- Supports healing from past experiences or abortion pressure
- Empowers women to choose courage over fear
- Redemptive → pushes back against what was meant for harm
- Strengthens bonding with baby and sense of maternal role
- Impact extends beyond birth → parenting, decisions, future identity

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

CLARITY PREGNANCY OPTIONS

CLIENT TESTIMONIALS (2024-PRESENT)

01 All the content in the class and on the Birth Unafraid course site - I found very helpful and it decreased my stress about how things were going to happen.

02 It was valuable. With the help of peace breathing and also the birth unafraid course, I was fully prepared with no fears. It made me prepared to be a mother.

03 Thanks to Birth Unafraid I was able to concentrate enough to change baby position, push and avoid c section and vaccuming.

04 They explained every step about labor, breastfeeding. I learned a lot thanks to Birth Unafraid. I did a lot of peace breathing it helped me a lot too.

05 I found the sessions very valuable. Each lesson was incredibly enriching during my pregnancy, throughout labor, and now with my baby, both for me and for my boyfriend. So much so that my mom looks at us and says, “you seem like experts.” It was definitely worth attending, especially to better understand such an important moment as childbirth.

06 What I liked most was feeling prepared and calm for childbirth, and that my partner also felt confident supporting me. The tools were very helpful and the quality of the information was excellent. What I liked least was that it can be hard to keep up with daily practice, but the course was absolutely worth it.

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

CLARITY PREGNANCY OPTIONS
CLIENT TESTIMONIALS (2024-PRESENT)

07

Taking this course helped me feel more confident and calm during my pregnancy and at the moment of birth. Despite the pain I felt during contractions and while pushing, I remembered many things from the classes. I visualized a video that really stayed with me, where a woman appeared very calm despite the intensity of her contractions. When it was time to push, I also visualized my baby coming out of me, just as we had been taught. The teachings for my husband were also invaluable. We had a home birth, and he remained very calm, supporting me and being my anchor the entire time. We made a great team. I also visualized God at every moment as my birth attendant, helping me endure the pain. Breathing was key, and with each contraction I tried a different technique to find which one felt most comfortable for me. In the end, feeling my baby skin to skin was the sweetest reward and an indescribable sensation. It is a miracle.

*Clients (women and their birth companions) also consistently report **increased confidence and peace** about birth compared to before starting the course - going from from 0-3 on a scale of 0-5 at the first class to 3-5 at the last class.*

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

The 9- Step Renewal Roadmap™

The 9-Step Renewal Roadmap™ is a **holistic approach to birth** affecting our **whole self** - body, soul and spirit. In Proverbs 23:7 it says, “For as he thinketh in his heart, so he is” (KJV). And in Proverbs 4:23. it says, “Be careful how you think; your life is shaped by your thoughts.” These verses remind us that what you think shapes your life. Put another way, Dr. Herbert Benson says, “The mind and body communicate constantly. What the mind thinks, perceives, and experiences is sent from our brain to the rest of the body.”[1] Psychologists call this the ‘law of cognition’, meaning, what you think impacts what you believe, which impacts how you feel, which impacts what you do and how you react (emotionally & physically), and there is ever-growing science behind the biblical concept of renewing of the mind.



Renewing of the mind for a peaceful birth **creates positive beliefs about birth** – that birth is peaceful, with little to no pain and ends with feelings of joy. **Those beliefs create positive emotions about birth** – peace, confidence, security, trust. **Those positive emotions affect the body** – signalling to our neurons to set the ‘love response’ in motion – the relax, calm, peace response. This love response causes peaceful birthing and pain-relieving hormones to be released. The exact potency of endorphins can vary based on individual physiology and context. However, their potency in many women has been so strong that they feel no discomfort at all during birth. Because of the effect of the endorphins, we have **less pain and deep relaxation**. This causes **decreased muscle tension and an overall healthy response to labour** which can lead to faster progress in labour and decreased intervention. Our body responds exactly how we’ve conditioned it to respond to birth – without fear. This leads to more feelings of peace, confidence and calm, and the cycle of more relaxation, less pain, and faster progress of labour – leaving us with an overall positive childbirth experience – no matter where or how you birth your baby.

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

1. Dr. Herbert Benson, Harvard Medical School - available from: https://www.azquotes.com/author/33238-Herbert_Benson

All of this is possible through **neuroplasticity** where recent revelations in the field have shown that much of the wiring that occurs in childhood is soft-wired – meaning it can be changed - that our brains are malleable – our thoughts, actions and physiology can be altered or renewed. We have the ability to deconstruct and then reconstruct new neural paths based on what we see/watch, hear/listen to, taste, touch, smell, and experience. As Dr. Leaf puts it - "The way in which we think will impact the health of our brains and our bodies." (2:22) What we now know, after decades of research, is that the biblical concept of the renewal of the mind is supported by research revealing that – just like we can edit or delete files from a computer – we can edit or delete files from our neurological network about birth. Through neuroplasticity we **can move from fear to peace; from anxious to calm; from a belief that says birth is scary to one says birth is bearable and, in fact, peaceful.**



It's through God's amazing gift and design that we can experience a peaceful, calm, beautiful birth no matter what! To increase the chance of having a positive birth experience and improved outcomes, we must re-train our brains or re-set our thinking with regards to birth – we must destroy our old beliefs about birth and create new ones that builds trust and confidence in our ability to birth in a productive/effective, calm, relaxed way. Using research and biblical concepts, is a guide old beliefs are destroyed and restored, healthy, ones are uploaded. Ultimately, the 9-Step Renewal Roadmap™ aids in developing healthy beliefs about birth and a physical rewiring takes place so that our whole person - emotions, thoughts, beliefs AND physiology (neurons, hormones etc.) are altered for the good.

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

2. Dr. Caroline Leaf. The Gift in You. (Thomas Nelson Publishers, USA, 2009)

The 9-Step Renewal Roadmap™ is also spiritual, and, depending on what we renew our minds with, women have the opportunity to not only experience emotional and physical peace during birth and all the amazing outcomes that offers, **but also experience spiritual peace through the Holy Spirit.**



Research on the 9-Step Renewal Roadmap™

There are several studies which have evaluated the effects of the steps used in this Program. The results of this research show:

1. there is decreased need for pharmacological pain relief during labour
2. the need for induction and augmentation of labour is reduced
3. the length of labour is shortened
4. there is an increased chance of spontaneous vaginal birth
5. maternal well-being & satisfaction with birth is improved
6. newborn transition is improved
7. the chance of emergency cesarean birth is decreased
8. the chance of postpartum depression is decreased

3. Green J, Coupland V, Kitzinger J. Expectations, experiences and psychological outcomes of childbirth: a prospective study of 825 women. BIRTH 1990;17:15.
4. Hofberg, K. M R Ward Postgrad Med J 2003;79:505–510
5. Hofberg KM, Brockington IF. Tokophobia: a morbid dread of childbirth. Its presence in Great Britain and Grand Cayman, British West Indes. J Psychosom Obstet Gynaecol 2001;22:96 (book of abstracts, suppl 1).
6. Hofberg K. Tokophobia a profound dread and avoidance of childbirth. A review. Yearbook of obsterics and gynaecoloy. London: Royal College of Obsterics and Gynaecoloy Press, 2002: 165–74.
7. Dixon, L., Skinner, J., Foureur, M. (2013). The emotional and hormonal pathways of labour and birth: integrating mind, body and behaviour. New Zealand College of Midwives Journal, 48, 15-23. http://dx.doi.org/10.12784/nzcomjnl48.2013.3.15-23
8. Walter MH, Abele H and Plappert CF (2021) “The Role of Oxytocin and the Effect of Stress During Childbirth: Neurobiological Basics and Implications for Mother and Child.” Front. Endocrinol. 12:742236. doi: 10.3389/fendo.2021.742236
9. Anna Dencker, Christina Nilsson, et. al. “Causes and outcomes in studies of fear of childbirth: A systematic review” Women and Birth Vol. 32, Iss. 2 (2019)
10. Ibone Olza I, Kerstin Uvnas-Moberg, et al.“Birth as a neuropsycho-social event: An integrative model of maternal experiences and their relation to neurohormonal events during childbirth”. NIH, PubMed Central (2020) Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7386571/
11. Larissa G. Duncan, Michael A. Cohn, Maria T. Chao, et. al. “Benefits of preparing for childbirth with mindfulness training: a randomized controlled trial with active comparison” BMC Pregnancy and Childbirth (2017) 17:140 DOI 10.1186/s12884-017-1319-3.
12. Sian Warriner, Catherine Crane, Maret Dymond and Adele Krusche. (2018) “An evaluation of mindfulness-based childbirth and parenting courses for pregnant women and prospective fathers/partners within the UK NHS” (MBCP-4-NHS). Midwifery.2018 Sep;64:1-10. doi: 10.1016/j.midw.2018.05.004. Epub 2018 May 26.

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

Through the Renewal of the Mind



© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



Ultimately, Birth Unafraid™ **stands at the intersection of biblical truth and evidence-based birth practice.** It's not a 'power-of-the-mind' or 'new-age' approach. Rather, what clients are learning to do is fully optimize the functioning of their mind, body and spirit in such a way that the likelihood of things' going right' is greatly increased. What we know, is that when women use these steps, pain perception can be decreased, outcomes can be improved and satisfaction with birth is increased.

Today, we want you to experience the benefits of the program firsthand, while also equipping you with practical tools from three of the nine steps that your clients can begin using immediately - even without enrolling in the course.

Essential Step #1 – Respire: Respire means 'to breathe', so this step includes three specific breathing techniques we call 'Peace Breathing™', 'Prayerful Breathing / Faith Statements™' and 'Dandelion Breathing™'. Each one unique and for a purpose. All of the breathwork is effective by working with the uterus – it assists rather than resists what is happening.'Respire' is an essential first step because it's one of the easiest steps to take and has one of the most dramatic and quick effects on the Whole Person – spirit, soul, and body - by triggering and maintaining the 'love response'. Let's take a closer look at Peace Breathing and Prayerful Breathing / Faith Statements™.

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

PEACE BREATHING™

Peace Breathing™ is a calm, peaceful, breathing technique that is essential during our birthing time. **We call it Peace Breathing™ because that is the goal of this breathwork – to bring a sense of calm, deep relaxation, and peace**. The slow, deep, concentrated, abdominal breathing used with Peace Breathing™ is widely regarded as one of the most effective methods for promoting relaxation during birth, and research backs up its benefits. In general, Peace Breathing™ turns on is the 'love response' which provides a sense of calm and peace, increased focus, increased relaxation, and tells the body to release endorphins (our body's natural pain killers). Slow, deep breathing assists (helps) the birthing process instead of resists it (fights against it). Here are some key points and studies on why this type of breathing is so effective during labor:

- **Activates the Parasympathetic Nervous System:** which counters the stress response by lowering heart rate and blood pressure, promoting a state of calm. A 2017 study in 'Frontiers in Psychology' confirmed that diaphragmatic/abdominal breathing, a type of slow, deep breathing, can reduce physiological markers of stress and promote relaxation through this activation mechanism.(13)
- **Reduces Pain Perception:** Studies, like the one published in Pain Management Nursing (2019), have shown that by focusing on each breath, mothers can shift their attention away from pain and onto the rhythm of their breathing. Moreover, the Fear-tension-pain syndrome established by Dr. Grantly Dick-Read, proposes that fear in labor leads to tension and, subsequently, more pain. Controlled breathing helps disrupt this cycle, as it lowers anxiety and tension, fostering a more relaxed state that makes pain less intense. (14)
- **Increases Oxygenation:** While specific studies directly linking slow, deep breathing during labor to improved oxygen levels in both mother and fetus are limited, there is evidence suggesting that maternal breathing patterns can influence fetal oxygenation.
- **Supports a Positive Mental State:** According to a study in BMC Pregnancy and Childbirth (2022), focusing on slow, regular breathing helps mothers feel more in control, which is associated with lower anxiety and greater satisfaction with the birthing process.(15)

13. Ma X, et. al (2017) The Effect of Diaphragmatic Breathing on Attention, Negative Affect and Stress in Healthy Adults. Front. Psychol. 8:874. doi: 10.3389/fpsyg.2017.00874
14. Susan I. Hopper et.al.JBI Database System Rev Implement Rep 2019; 17(9):1855–1876. DOI: 10.11124/JBISRIR-2017-003848
15. Leutenegger et al. BMC Pregnancy and Childbirth (2022) 22:856 https://doi.org/10.1186/s12884-022-05178-w. The effectiveness of skilled breathing and relaxation techniques during antenatal education on maternal and neonatal outcomes: a systematic review.

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



HOW TO DO Peace Breathing™

Peace Breathing™ is a **counting type of breathing where you breathe in through the nose to the count of 7 and breathe out through the nose to the count of 7**. The key is to breathe **as slowly and deeply as you can**, without straining. You should feel your breath at the back of your throat as you inhale and exhale. It's an easy, slow breathing in and out. As you breathe, allow your breath to drift down the back of your throat (slightly noisy), into the lower part of your lungs first, then into the upper parts of your lungs. This is 'belly breathing', meaning your tummy will rise when you breathe into the lower part of your lungs first and into the upper part of the lungs second.When we breathe under normal circumstances, we use about 20% of our lung capacity and do so without belly breathing. So, learning Peace Breathing™ can take time since we aren't used to filling your lungs completely. One way to help you know you're doing Peace Breathing™ correctly is to place your hand on your belly where your stomach is located – just below your rib cage in the middle of your tummy. As you do Peace Breathing™, your hand should rise as your tummy rises. Peace Breathing™ is an easy, smooth, filling from lower to upper – all the while, relaxing our body from head to toe. Your **entire body should be loose and limp** – especially your eyebrows, jaw and shoulders! This is because they 'set the tone' of either relaxation or tension in the rest of the body.

WHEN TO USE Peace Breathing™: Peace Breathing™ is used while listening to your 12:2 Scripts and during your birthing time – specifically during each 'pressure wave' which we'll discuss under the 'reflect' and 'recite' sections. You'll start Peace Breathing™ at the start of the contraction and continue Peace Breathing™ until it stops. It may take 4 or more breaths in & out (4 more cycles) of Peace Breathing™ do bring you through the entire pressure wave. Focusing on counting as you're doing your Peace Breathing™ can also help time fade into the distance.

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

PRAYERFUL BREATHING & FAITH STATEMENTS™

The term ‘breath prayers’ or ‘**prayerful breathing**’ makes sense – it’s the combining of deep breathingexercises with meditation on God's Word. Breath prayers are a way to connect with God with every breath we breathe in and out. In summary, breath prayers are:

- directed to God (upward vs. inward)
- focused on Christ and filling our minds with the Word (the Bible)
- rooted in Scripture
- short, mostly one to two-sentence prayers
- aligned with the rhythm of our breath
- repeated for the purpose of meditating on God’s Words by actively focusing on what they mean

Prayerful breathing is a beautiful way to bring our spirit, soul and body into harmony – working together as one. Through breath prayers, we renew our minds as described in Romans 12:2 and, in doing so, we deepen our spiritual union with Christ and our spiritual health is improved. But what are **Faith Statements™** – why have we named them that? Simply put, they’re statements designed to create change in the subconscious mind. They’re conscious, positive words or statements used to allow your mind and body to see, feel, believe and act in a positive way towards birth. What you’re doing is replacing all negativity in the mind about birth with healthy thoughts of a safe, enjoyable birth. The more your mind hears these messages, the easier it is for your soul and body to believe and then respond to them. We’ve named them Faith Statements™ because faith implies complete trust, confidence, optimism, and expectation. Complete trust in our bodies and our Creator; confidence in our body’s ability to respond in a way which positively affects our birth; optimism & expectation of our positive birth experience. The only difference between Breath Prayers and Faith Statements™ is that one incorporates a spiritual component and the other doesn’t. Both have the same effect in terms of the renewal of the mind for birth.

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

And while both lead to an expectation in soul and body of joy, peace and confidence, for those desiring an opportunity for improved spiritual health and to experience the presence and perfect peace of Christ during birth - Prayerful Breathing would be the approach you'll want to use more. This is because the goal of biblical meditation is to bring us into a deeper relationship with God where, through our faith, trust, and hope, He is ultimately glorified, and where we can find lasting peace. Prayerful Breathing is the practice of quieting the mind through breathing exercises and re-focusing our thoughts on Christ and His love for us. Christ in. Self out. More of Him. Less of self.



HOW TO DO PRAYERFUL BREATHING & FAITH STATEMENTS™

- find a comfortable place to sit or lie down, close your eyes and take 3, slow, relaxing breaths in and out
- breathe in deeply & slowly (as with peace breathing but without counting) & as you're breathing in, begin by praying the 1st half of a Scripture verse in your mind OR mentally recite the 1st half of a Faith Statement™
- pray the 2nd half of the Scripture OR mentally say the 2nd half of the Faith Statement™ in your mind as you slowly breathe out.

Repeat this at least 3 times and as you do, thoughts settle, breathing slows, blood pressure drops, fears wane, stress falls away, tensions fade, heart rates ease, and we are drawn into a state of deep relaxation and peace. This helps pave a new neural path to your 'birth message unit' where you learn to expect and, subsequently experience, peace, confidence and joy during your birthing time. If you're particularly anxious, you can use a simple movement as you do your Faith Statements™ &/or Prayerful Breathing - such as one or more of the following:

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

BREATH PRAYERS

Client uses during pregnancy & birth

Breathing in....."You keep me in perfect peace"..... breathing out "because I trust You". (Isaiah 26:3)
Breathing in....."My soul finds rest"....breathing out....."in You alone." (Psalm 62:1)
Breathing in....."My help comes from You"....breathing out....."Maker of heaven and earth." (Psalm 121:2)
Breathing in....."May Your unfailing love"....breathing out....."be my comfort and peace." (Psalm 119:76a)
Breathing in....."You still the storms to a whisper"....breathing out....."You hush the waves of the sea." (Psalm 107:28-29)
Breathing in....."I give You my worries"....breathing out....."for You care for me." (1 Peter 5:7)
Breathing in....."You made me and sustain me"....breathing out....."You carry me all of my days." (Isaiah 46:40)
Breathing in..."When I draw near to You, God"...breathing out..."You draw near to me." (James 4:8)
Breathing in..."the peace of God, which transcends all understanding"....breathing out..."will guard my heart and mind." (Philippians 4:7)
Breathing in..."God has good plans for me"....breathing out..."a hope and a future." (vJeremiah 29:11)
Breathing in..."I can do all things"....breathing out..."through Christ who strengthens me." (Philippians 4:13)
Breathing in..."I am strong, courageous and do not fear"....breathing out..."for the Lord goes with me & will not leave or forsake me." (Deuteronomy 31:6)
Breathing in..."I do not fear for God is with me"....breathing out..."He will strengthen me, help me & hold me with His righteous hand." (Isaiah 41:10)
Breathing in..."My cup overflows"....breathing out..."with your blessings." (Psalm 23:5)

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

FAITH STATEMENTS FOR PREGNANCY

Breathe in..."I put all fear aside”...breathe out..."I’m confident during birth.”
Breathe in....."Mind is relaxed”.....breathe out....."body is relaxed”
Breathe in....."I’m confident about my birth.”...breathe out....."I birth easily.”
Breathe in....."No tension”.....breathe out....."no fear.”
Breathe in...."My body remains loose & limp”...breathe out..."during my labour.”
Breathe in....."Whatever happens”....breathe out....."I handle it well."
Breathing in....."The scripts and music bring me peace and calm”..... Breathing out..... “whenever I hear them.”
Breathing in....."I birth my baby”..... Breathing out....."in less than 12 hours.”
Breathe in..."My spirit, soul & body are ready"...breathe out..."to birth easily."
Breathing in....."I allow my baby and my body”.... Breathing out....."to do what they know how to do”.
Breathe in....."I’m strong"..... breathe out "I am ready for this birth".
Breathe in....."My body knows"....breathe out....."exactly what to do."
Breathe in....."I trust my body"....breathe out....."& the process of birth."
Breathe in...."I’m surrounded by love”...breathe out....."surrounded by peace.”
Breathe in....."My mind is calm"....breathe out....."my body is relaxed.”
Breathe in...."I embrace confidence."....breathe out....."I’m focused & calm."
Breathe in..."I’m safe & calm."....breathe out..."my baby is healthy & at peace."
Breathe in....."I birth quickly."....breathe out....."and easily."

CLIENT SAYS TO HERSELF aloud or in her mind during pregnancy

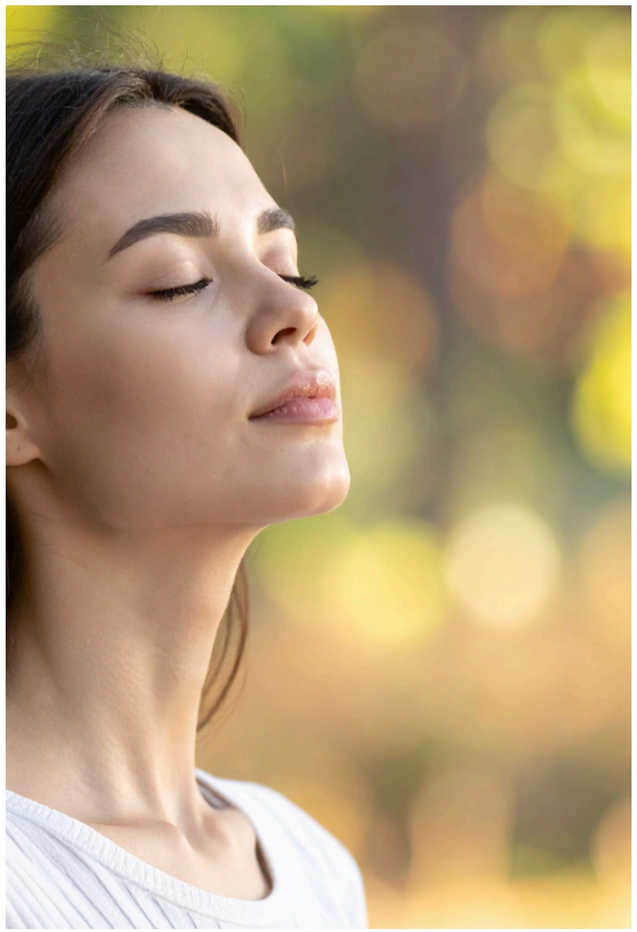
© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

FAITH STATEMENTS FOR BIRTH

Breathe in..."I am totally relaxed and at ease” "....breathe out..."so calm, so peaceful”.
Breathe in..."My body is loose & limp"....breathe out..."completely relaxed."
Breathe out..."I feel natural anaesthesia flowing” "....breathe out..."numbing my uterus and back”.
Breathe out..."I easily change all sensations”..... Breathe out..."into pressure and anaesthesia.”
Breathe in..."I’m safe & calm."....breathe out..."my baby is safe & at peace."
Breathe in....."My body knows"....breathe out....."exactly what to do."
Breathe in....."I trust my body"....breathe out....."& the process of birth."
Breathe in....."My mind is calm"....breathe out....."my body is relaxed.”
Breathe in....."Whatever happens”....breathe out....."I handle it well."
Breathe in....." I relax instantly & deeply”....breathe out....." whenever I want to."
Breathe in....." I relax more and more”....breathe out....." with each pressure wave."
Breathe in....."My cervix opens easily.”....breathe out....."my baby descends with ease."
Breathe in....."I hear [birth companion’s] voice.”....breathe out....."and instantly relax and calm."
Breathe in....." I breathe deeply and easily.”....breathe out....." through each pressure wave."
Breathe in....." I lose track of time "....breathe out..." my birth feels fast.”
Breathe in....."Endorphins flow"....breathe out..."feeling pressure & numb."
Breathe in...."I’m surrounded by love”...breathe out....."surrounded by peace.”
Breathe in.."I welcome each sensation"...breathe out..."with peace & calm."
Breathe in....."I embrace confidence."....breathe out....."I’m focused & calm."
Breathe in....."I’m deeply relaxed."....breathe out....."I feel only pressure."

CLIENT SAYS TO HERSELF aloud or in her mind during birth

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



Essential Step #4 – Reflect: This step is where we use our imagination to create changes in our neural pathways – aiding the creation a positive beliefs about birth. Our autonomic nervous system is where our 'fear response' and our 'love response' reside, and our autonomic system responds to fear and love whether we're actually experiencing it or not; **whether it's real or not**. It responds to situations based on what we see or are feeling - even if only in our imaginations. Our physical and hormonal responses are the same whether we are seeing an event for real, imagining it or dreaming about it – it does not distinguish between what is real from what is unreal. What this means is that, if we believe something to be 'true' either through our eyes (seeing), ears (hearing), or simply in our own imagination, our brain will process the belief as though it is really happening, and your body will respond accordingly. We'll either have a fear response or a love response. The best way to explain this is to consider nightmares. When we have a nightmare, our bodies respond. We wake up panicked, heart pounding, sweating, and fear may still have a grip on us. Even though only in our imagination, when we have a nightmare, our body responds as if we were actually experiencing it. What this shows us, is that reflecting through our imagination and visualization has the same impact on us as real-life experiences do, and this can work for us or against us.

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



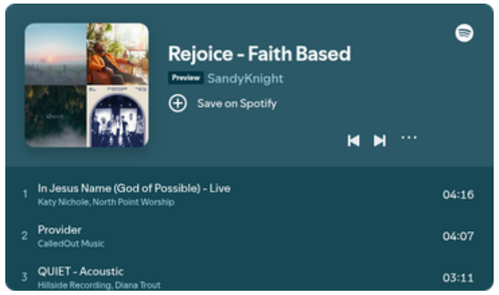
‘The Forest’ 12:2 Script
https://youtu.be/nBeFsUDzp_4

12:2 scripts: are recordings - a form of ‘guided imagery’, using words and music - to create mental images in our mind. These mental images help stimulate the parasympathetic nervous system – triggering the ‘love response’ or the joy-peace-faith response. What we hear, along with the mental imagery the scripts create, plants new seeds and waters our growing new thoughts and beliefs about birth since mental imagery (seeing with the mind’s eye) and perception (seeing in the real world) are controlled by the same mechanisms and depend on many of the same neural structures. This ‘watering’, in turn, helps our soul and body to respond to birth as God intended – in a harmonious way which decreases distress, decreases discomfort, speeds the labouring process, and allows for a sense of calm and peace. Scripts strengthen positive beliefs about childbirth and, as our mind develops a clear picture of our ideal safe, natural birth, our body will more easily respond to labour in a calm, peaceful way.

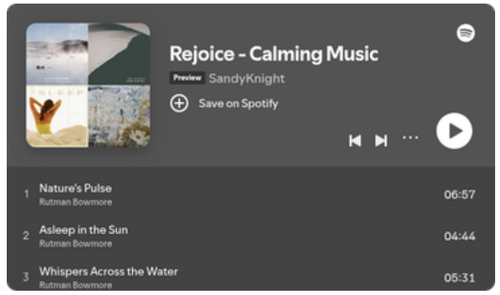
© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



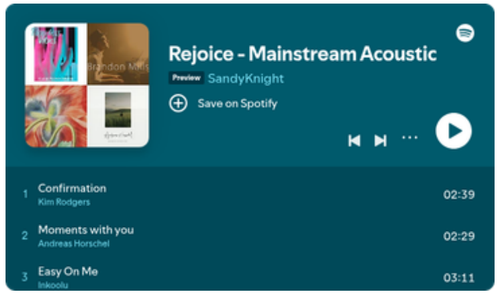
Essential Step #7 – Rejoice: Rejoice triggers the ‘love response’ and, like the previous steps, aids in creating positive beliefs about birth. God created us with the ability to sing and make music, so it only makes sense that God loves music! And whatever God loves, is good for us. So, we’ve included rejoice or listening to music as an essential step for the renewal of the mind for birth. Now, we’re not suggesting we listen to any old kind of music for the renewal of our minds for birth! We’re talking about listening to artists and songs that are calming, relaxing, soothing music that helps kick the parasympathetic nervous system into gear, bringing peace, calm and focus. Below are links to our Spotify Playlists for the rejoice step which is used before and during birth.



https://open.spotify.com/playlist/0oArtJu7DMe1tYhZxxt5kd?si=GNOgK0lARKmL_vs8x84_Gw



https://open.spotify.com/playlist/2OhqB4i5gTW7N2hzO4L1aW?si=gTLYrRnGQam_tVjC7aJ-MA



https://open.spotify.com/playlist/1XOealqforeYxNEHVkA77Y?si=Mcvi9B8NTgaDVrnf89WGKQ

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



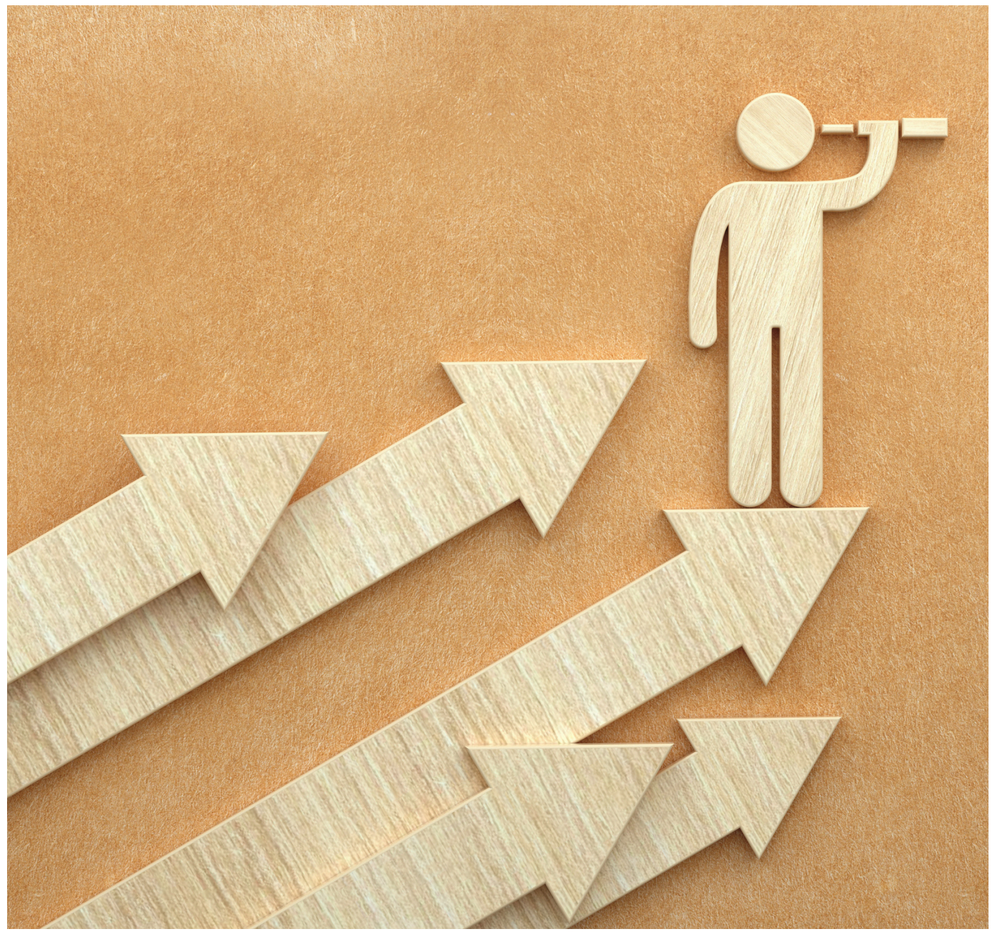
© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



STEWARDSHIP QUESTION

What if the same pathway that disciples women could also strengthen the centres who serve them?

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.



We wanted to be part of the financial solution for Centres, not just simply a program for clients so, Birth Unafraid was **strategically rebuilt** in 2023 to function as a **mission-aligned sustainability framework** where Pregnancy Centre clients receive the program free of charge and community families access the same course through a paid model. A portion of the fee from community families goes directly to the Pregnancy Centre - creating a natural, ongoing revenue stream for centres.

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

BIRTH UNAFRAID'S MODEL:

- Provides clear messaging on the Gospel of Jesus Christ
- Provides a consistent, ethical source of supplementary income
- Reduces pressure on staff through Instructor certification and turnkey support
- Strengthens ministry impact while maintaining full mission integrity

EDUCATION THAT FUNDS MINISTRY



© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

WHERE TO GO FROM HERE

- Help clients focus on the likelihood of a healthy pregnancy & birth (85%) when speaking with women
- Encourage clients to think positively about their birth
- Assess your current prenatal education program - is it fear-based or confidence-based? Make adjustments as needed.
- Use the tools in your centre (peace-breathing etc.) as part of your prenatal ed.
- Consider using Birth Unafraid or another fear-reduction program to empower women to revel in the beauty of birth
- Consider Birth Unafraid or other programs that can help educate your community and fund ministry



© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.

Our digital business card

Pregnancy Centre Form

Email: ***info@birthunafraid.ca***

Website: ***www.birthunafraid.org***



THANK YOU

© 2026 The Practical Pregnancy Inc.™ | Birth Unafraid™ | All Rights Reserved.