

Breastfeeding
gets easier every
time I do it



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My milk flows
easily and
effortlessly



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I am calm and
relaxed



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My milk nourishes
my baby



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Breastfeeding is
the best for me
and my baby



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I've got this!



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My baby will
thrive on my milk
and love



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Just breathe



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I trust in my
ability to feed my
baby



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My body is made
to feed my baby



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I trust my body



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I enjoy
breastfeeding my
baby



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