

Chestfeeding gets
easier every time

I do it




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My milk flows
easily and
effortlessly




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A large, textured blue watercolor splash with smaller splatters around it, serving as a background for the text.

I am calm and
relaxed



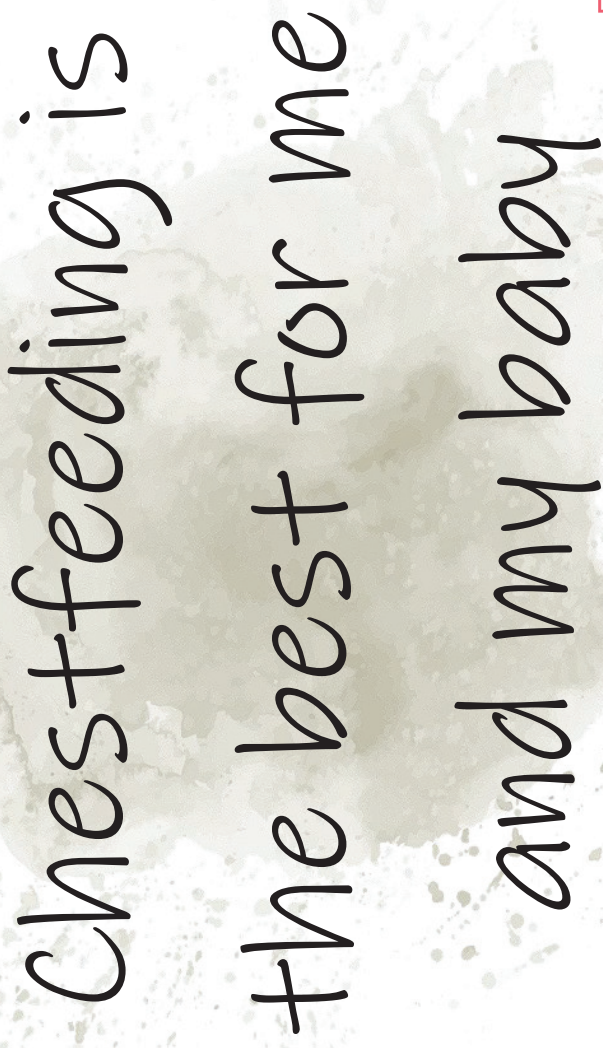
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A large, textured red watercolor splash with smaller splatters around it, serving as a background for the text.

My milk nourishes
my baby



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Chestfeeding is
the best for me
and my baby



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I've got this!



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A large, irregular splash of red watercolor paint, with smaller droplets scattered around it, serving as a background for the text.

My baby will
thrive on my milk
and love



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A large, irregular splash of light green watercolor paint, with smaller droplets scattered around it, serving as a background for the text.

Just breathe



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A large, textured blue watercolor splash with smaller droplets scattered around it, serving as a background for the text.

I trust in my
ability to feed my
baby




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A large, textured red watercolor splash with smaller droplets scattered around it, serving as a background for the text.

My body is made
to feed my baby



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I trust my body



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I enjoy
chestfeeding my
baby



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