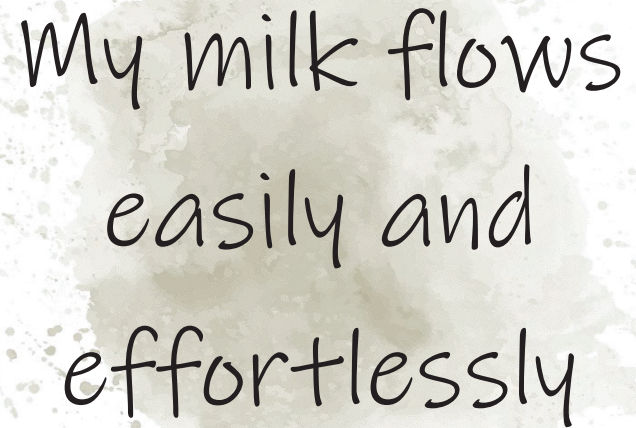




Chestfeeding gets  
easier every time  
I do it



[www.tinagbbs.co.uk](http://www.tinagbbs.co.uk)



My milk flows  
easily and  
effortlessly



[www.tinagbbs.co.uk](http://www.tinagbbs.co.uk)



I am calm and  
relaxed



[www.tinagbbs.co.uk](http://www.tinagbbs.co.uk)



My milk nourishes  
my baby



[www.tinagbbs.co.uk](http://www.tinagbbs.co.uk)



Chestfeeding is  
the best for me  
and my baby



[www.tinagbbs.co.uk](http://www.tinagbbs.co.uk)



I've got this!



[www.tinagbbs.co.uk](http://www.tinagbbs.co.uk)



My baby will  
thrive on my milk  
and love



[www.tinagbbs.co.uk](http://www.tinagbbs.co.uk)



Just breathe




[www.tinagbbs.co.uk](http://www.tinagbbs.co.uk)

A blue watercolor splash with a textured, splattered appearance, serving as a background for the text.

I trust in my  
ability to feed my  
baby



[www.tinagbbs.co.uk](http://www.tinagbbs.co.uk)

A red watercolor splash with a textured, splattered appearance, serving as a background for the text.

My body is made  
to feed my baby



[www.tinagbbs.co.uk](http://www.tinagbbs.co.uk)

A light green watercolor splash with a textured, splattered appearance, serving as a background for the text.

I trust my body



[www.tinagbbs.co.uk](http://www.tinagbbs.co.uk)

A dark blue watercolor splash with a textured, splattered appearance, serving as a background for the text.

I enjoy  
chestfeeding my  
baby



[www.tinagbbs.co.uk](http://www.tinagbbs.co.uk)