



Breastfeeding

Affirmation Cards

25 CARDS



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I am providing my
baby with
everything they
need to thrive.



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I trust my body
and my baby to
guide this journey.



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Every drop of milk
I produce is a gift
to my baby.



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I am patient with
myself and my
baby as we learn
together.



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I am strong,
capable, and doing
my best for my
baby.



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I am creating a
special bond with
my baby during
each feed.



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My body is
perfectly designed
to nourish my
baby.



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I am giving my
baby the gift of
health and
comfort.



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I am patient and
present during
each
breastfeeding
session.



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I am proud of my
breastfeeding
journey, no matter
how long it lasts.



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I trust my instincts
as a mother and
know what's best
for my baby.



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I am allowed to
take breaks and
ask for help when I
need it.



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I am nurturing
both my baby and
myself during this
time.



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I am doing an
incredible job,
even on
challenging days.



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My baby and I are
perfectly in sync,
finding our rhythm
together.



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I am resilient, and I
embrace every
step of this
breastfeeding
journey.



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I am nourishing
my baby with love,
care and strength.



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I listen to my body
and respond with
love and care.



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I am confident in
my ability to
breastfeed and
care for my baby.



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I am thankful for
the opportunity to
bond with my baby
through
breastfeeding.



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I am kind to
myself and allow
space for learning
and growth.



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I am surrounded
by support, and it's
ok to lean on
others.



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I am doing what's
best for my baby
and myself, and
that's enough.



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I am calm,
centered, and
relaxed during
each
breastfeeding
session.



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I am proud of how
far we've come
and excited for
what's ahead.



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