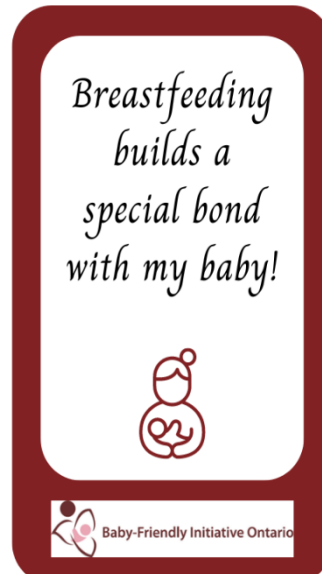




## Affirmation Cards

- ❖ Affirmations cards for breastfeeding families



*Breastfeeding  
gives me  
special time  
with my baby!*



*My  
breastmilk is  
perfect for  
my baby!*



*Breastfeeding  
is a gift that I  
give to myself  
and my baby!*





*I prioritize  
self-care so I  
can breastfeed  
my baby!*



❖ Affirmation cards for families that have made an informed decision to feed infant formula

*I made an informed infant feeding decision!*



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*I learned the facts about infant formula!*



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*I feed in response to my baby's cues!*



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*I make sure feeding is a special time for me and my baby!*



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*I know how to safely prepare infant formula!*



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*I am supported in my infant feeding journey!*



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