



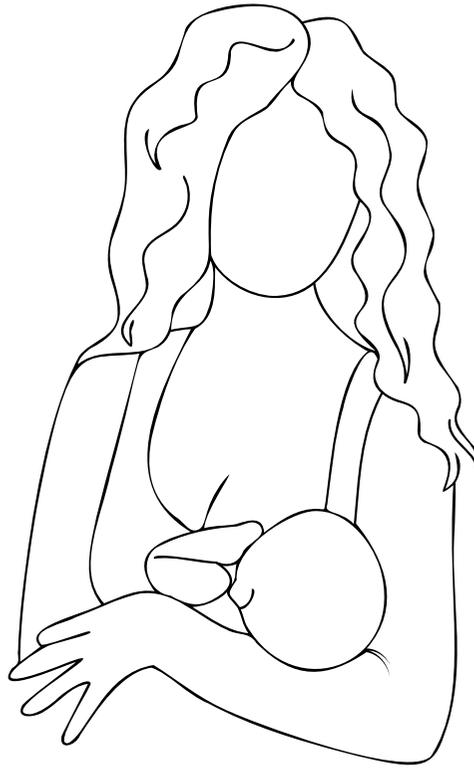
I am enough. My body is
providing nourishment and
love for my baby.



Each feeding, I am building
a bond that lasts a lifetime.



I trust my instincts and my
ability to nurture my baby.



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



I am patient with myself as I
learn and grow on this
journey.