

Breastfeeding Affirmations Builder

Breastfeeding affirmations help support positive messaging and help build confidence as mothers take on this new and exciting journey. Affirmations will give you the reassurance when taking on opposing views or in moments of weakness. Build your own affirmations with the following helpful starters and examples:

- My heart is open to
- My mind is open to
- My body is open to
- My body is
- My baby is
- My labor is
- Breastfeeding is
- My breasts are
- My body knows
- My body feels
- I know
- I see
- I feel
- I believe
- I expect
- I will
- I must

My heart is open to creating a loving bond with my baby.

My heart is open to loving someone so deeply.

My mind is open to learning about breastfeeding.

My body is open to the changes it will take on.

My body is wonderfully made.

My body is growing a baby inside of it.

My body is preparing for breastfeeding.

I will embrace the changes of my body.

I will love my body in all of its glory.

Breastfeeding is more than food, it is liquid love.

My breasts are capable of filling my little one's belly and protecting baby from germs and diseases.

My body already knows what to do and I will be patient and wait until the baby comes.

My body feels the baby moving inside of me.

I know people have been breastfeeding for millions of years.

I feel capable.

I believe I will have a beautiful breastfeeding journey.



Leesburg Regional
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