



Every Birth Matters
Affirmations for Breastfeeding

You can read these out loud or to yourself. Try visualising what you are saying too. Sit calmly and quietly. You can use these affirmations to prepare for breastfeeding or as you begin feeding your baby.

As I breathe in love, I breathe this breath down to my milk and my baby.

With each breath in I see my milk flowing down to my baby.

My body will make the right milk for my baby.

My baby will latch and enjoy feeding from my breast.

As I breathe in and relax, my body and baby will relax.

I sit calm and relaxed as my baby feeds from my breast.

My body turns on the taps and allows my milk to flow.

My body chooses the right flow of milk, whether it rushes like a river or trickles like a stream.

I fully relax and turn feeding over to my body and my baby.

My baby intrinsically knows how to breastfeed.

My body and baby will work together to fulfil her nourishment needs.

My body will nourish my baby's physical and emotional needs.

My baby and I benefit from the love hormone in my milk.

My milk contains the sleepy hormone she needs to drift off (at night time)

My milk continues to adapt and change, meeting my baby's current needs as she grows and develops.

You can write your own or adapt the words to suit your needs. These beautiful affirmations were created by Katy Hemus and Sara Warnock.