



Your breastfeeding story

Thank you for showing an interest in sharing your breastfeeding story on boobingit.com. By sharing your story you will help inspire and empower others on their journey.

What to include in your story

For guidance on how to get started and write your story, here are a few things to think about:

- Any planning and preparation you did for breastfeeding during pregnancy.
- Your birth experience and getting started with breastfeeding.
- The ups and downs of learning to breastfeed.
- The support you received whilst breastfeeding.
- How breastfeeding is going now, or how it stopped.
- Tips or advice for others who are thinking about breastfeeding.
- Anything else you feel is significant to your story.

*We ask that your story is **at least 500 words long** (no upper limit) before you submit it.*

Four easy steps to submit your story

1. Once you sign-up for a boobingit.com account (which is free and easy), simply click the 'submit content' link from within your account page.
2. You will be asked to include a title and then to add your main content.
3. Add up to three or four photographs of you and your little one to go alongside your story. Please include at least one breastfeeding photo if possible.
4. Click 'submit post' and your story will be sent to us for review.

The review process could take a number of weeks but we'll be in touch once we're ready to publish your story on boobingit.com. **If you have any questions, email ruth@boobingit.com.**