

Claire Sells

Graphic Design
United Kingdom

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Professional Experience and Curriculum Vitae

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Previous Clientele

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Awards and Accolades

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born to breastfeed

Although breastfeeding is natural, it doesn't always come naturally. Sue Gray, author of *How to Breastfeed*, explains why it's so important for you and your baby to get it right. Barbara Hughes is a breastfeeding expert.

Why it's important
Breastfeeding is the best way to feed your baby. It's natural, it's healthy, and it's the best way to ensure your baby gets the best start in life. It's also the best way to ensure you get the best start in life. It's also the best way to ensure you get the best start in life.

How to get it right
Breastfeeding is a natural process, but it's not always easy. It's important to get it right from the start. It's important to get it right from the start. It's important to get it right from the start.

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It doesn't matter what is going on in the politicised world of education, if you are **focused** on your work as a teacher and committed to **professional and personal development**, you can ride the waves of policy changes more easily. As well as supporting the practical challenges of **great teaching**, effective CPD helps to build resilience and can lead to a greater sense of **balance** and **well-being** at work, and that has to be a good thing!

These pages have been designed to help you to look after your **well-being** and your career. With accessible hints and ideas we hope they help you to thrive throughout the year!

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