

STOPPING BREASTFEEDING:

Body Changes and Ways To Deal



Changes in your body after stopping breastfeeding



Increase in body weight



Emotional changes



Alterations in the menstrual cycle



Changes in breast shape and size

Fertility changes



Ways to deal with body changes after stopping breastfeeding

Play with your child or engage in a hobby to avoid stress



Make changes to your diet and exercise routine

Try soothing massages to deal with breast changes



Be patient as your body time needs time to get adjusted

Talk to an expert or fellow mother to learn some valuable tips



Reference:
When Should You Stop Breastfeeding?; Nationwide Children's Hospital