

DISCONTINUING BREASTFEEDING

When you start the weaning process, take it slow. Eliminate one breast-feeding session a day every two to three days. Slowly tapering off the number of times you breast-feed each day will cause your milk supply to gradually diminish and prevent discomfort caused by engorgement. Binding the breasts with a tight Ace bandage or tight sports bra will decrease the milk supply as well. If you begin weaning when your child is a newborn, consider applying ice packs to your breasts to help decrease your milk production. *There is NO prescription medication available to decrease or stop milk production.*

Breastfeeding offers limited contraception, when you have completed weaning your baby, fertility returns to normal. To prevent pregnancy, you should contact the doctor to discuss birth control options as soon as possible.