



Western Upper Peninsula Health Department **BREASTFEEDING**

The quarterly newsletter for breastfeeding information



BREAST CHANGES

I'm sure at one point or another you have been reminded by a friend, family member, or even complete stranger, of all the changes that come along with motherhood. One change that can be especially intimidating is the changes to your breasts.

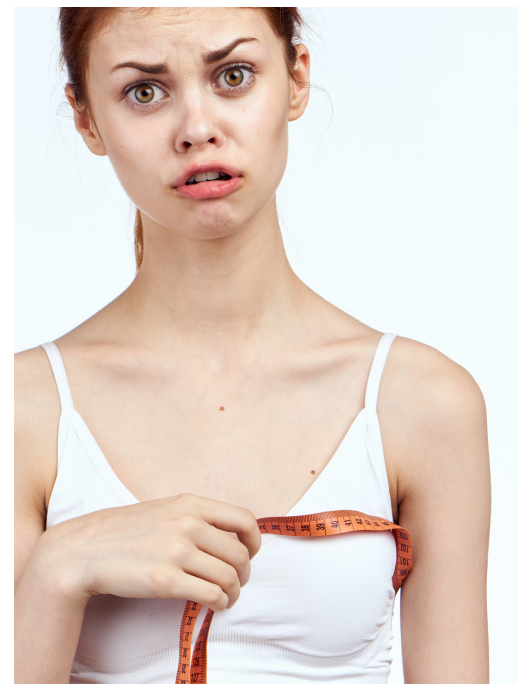
Naturally..

Your breasts are going to change throughout your pregnancy and afterwards.

A common misconception is that breastfeeding your baby will cause changes to your breasts. In reality, pregnancy on it's own causes your breasts to change regardless of whether you breastfeed or not (breastfeeding is best)!

Here are a few things you can do to help prevent saggy breasts after pregnancy:

- **Stick to a healthy diet**
- **Slow weight loss**
- **Wear a bra regularly & make sure it fits right!**



Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person

What's important to remember:

Our breasts were made to make milk! Period.

Despite the changes we may face, at the end of the day, if our breasts are making milk and changing - they're doing exactly what they're supposed to!

Be confident!

Try your best to embrace these new changes. After all, you just created life! A real, live human-being. This is something to not take lightly. In every step of the way, in every way that your body is now different, it is beautiful!

What's best:

Breastfeed, breastfeed, breastfeed!

No matter what, breastfeeding is ultimately what is best for you, your body, and your baby!

Breastfeeding will help you with a gradual weight loss prior to being cleared for physical activity.

Breast massage will also help prevent sagging and increase your blood flow which helps cell growth and is also a part of hand expression (removing milk by hand) and breastfeeding in general.

Be encouraged that you're not the first to feel uneasy about your new shape.

You are not alone! The "new" you is beautiful!



Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person