——STOPPING——— BREASTFEEDING:





Changes in your body after stopping breastfeeding



Increase in body weight



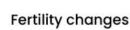
Emotional changes



Alterations in the menstrual cycle



Changes in breast shape and size





Ways to deal with body changes after stopping breastfeeding

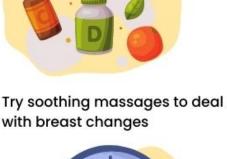
Play with your child or engage in a hobby to avoid stress



Make changes to your diet



with breast changes



and exercise routine





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



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