Speaker 1 ([00:00](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=0.45)):

music

Dianne ([00:21](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=21.41)):

Hi, welcome to the badass breastfeeding podcast. This is Dianne, your lactation consultant.

Abby ([00:27](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=27.14)):

and I'm Abby The badass breastfeeder. And today's episode is brought to you by Mama Bar. Mama Bar is a protein bar crafted with essential nutrients for breastfeeders that are convenient without the sugar crash. And today's episode is also brought to you by Original Sprout. Original Sprout carries, safe, effective, and pediatrician, tested shampoos, conditioners, styling, and body care products produced and packaged in California USA. Um, and we'll hear more from our sponsors later on, but for now, make sure you head to badassbreastfeedingpodcast.com. When you're done listening to this episode in a minute, go there, scroll down, put your email address in and get, um, the episodes sent right to your inbox. And, um, that's it. Dianne has our review of the week.

Dianne ([01:21](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=81.26)):

I do. And, uh, this comes from iTunes and I can't wait to hear how Abby responds to this, because it's fantastic dealing with unsupportive medical professionals. And this is from one of our listeners. Um, like I said, it was put on iTunes and it says I just had my six month checkup for my son. And his pediatrician told me to wean night feeds because of cavities and how bad she has seen this problem. He doesn't even have teeth yet in parentheses. I just started listening to your podcast. I can't remember which episode it was, but I definitely remember you saying yes, feed your baby at night. It comforts them. And it's natural. After the appointment, I told my husband, I'm not listening to her. If my baby wants to eat at night, I'm going to feed him. Besides that he gets up only once and falls right back to sleep on the boob. I started thinking about my son's pediatrician and how much I don't care for her. She's just all right I guess. I went home and went through your podcast and found the episode of unsupportive medical professionals. This just confirms my instincts. Your podcast has been great for me. This is the first baby I've wholeheartedly went in with breastfeeding and I've been successful. Thank you for the support. And I have to say like, when I read this too, we have an episode on cavities. So if you haven't read that or if you haven't listened to it yet, definitely go back and listen to that one too, because that is some serious BS right there.

Abby ([02:46](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=166.19)):

It's so ridiculous. How does it even make sense? And on top of it, the baby doesn't even have teeth yet. Like what? Yeah. So that proves that. They're just Saying the same thing to whoever they just say whatever they're going to say. It's just like a, it's just like the thing they say, because it doesn't apply to this person, but they're just saying it anyway. Cause that's the thing they say it doesn't come out of any logical or science or anything.

Dianne ([03:18](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=198.06)):

No. And when we did the episode, cause we did the episode on cavities because we are like seriously sick of the crap that we were hearing, Cause people tell us that all the time and we had like new research on it and everything. And even the American dental association says that it doesn't cause cavities like it does not cause cavities,

Abby ([03:38](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=218.01)):

No, it doesn't get over it. Stop it, just stop. That discussion needs to end.

Dianne ([03:44](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=224.34)):

So I am really, really glad that you heard our episodes and that you kind of took that information and you said, Oh, I don't know about this. And you know, thought differently of it because that's exactly what we want you to do when you listen to our podcast is get the information and that's it. So I'm really proud of you. I know, I don't know you, but I'm really proud of you.

Abby ([04:06](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=246.57)):

You can be proud of people you don't know,

Dianne ([04:10](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=250.47)):

That's true. So that is our review of the week and I loved it and I knew Abby would get a kick out of it too. And go ahead, leave us a review. You can send it to us. Like I said, this one was on iTunes and that helps it because it kind of boosts us up on iTunes and helps people find us a little bit better. So that's always really great. Um, but you know, people send us emails and stuff too. If you don't have iTunes, you can always do that. Send an email, badassbreastfeedingpodcast.com or breastbreastfeedingpodcasts@gmail.com. Or you can even go to the website and just, you know, find us that way too and put it in an email. So however you want to get in touch with us. You can, and that's what I got for there. And now we're going to talk about another favorite topic. Not really, not really.

Abby ([04:58](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=298.14)):

Yeah. It's a big one. Everybody wants to know about birth control and you know, does it, is it gonna affect my milk supply? What's going to happen with breastfeeding? How does breastfeeding birth control work together is breastfeeding birth control, all of these things.

Dianne ([05:14](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=314.22)):

And it is a question we hear a lot

Abby ([05:17](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=317.01)):

In all different kinds of forms. Yeah. People have you had like, can I breastfeed and take this birth control? Right? Is it gonna affect my milk supply? Is it, you know, is it can, what sort of birth control should I take? What can I use breastfeeding? Can I get pregnant when I'm breastfeeding? Can I use breastfeeding as birth control? All these things? Yeah.

Dianne ([05:39](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=339.63)):

So I don't even know where should we start? Should we start with, uh, can we use breastfeeding as birth control? Maybe we should start with that one.

Abby ([05:45](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=345.531)):

Yeah, Let's start there. Let's start there because people will say people a lot of times we'll say, cause there's well, let's just talk about it. So breastfeeding, um, can make it more difficult to get pregnant, right. And why is that Dianne?

Dianne ([06:06](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=366.13)):

That is because the hormones that help keep your milk supply high and how, you know, help you breastfeeding. Will kind of squash the hormones of ovulation. So you're not ovulating when you're breastfeeding because those hormones are taking over. But then what can happen is, you know, if your baby is feeding a lot, you're feeding your baby on demand. And that's the key here, feeding your baby on demand. You're feeding your baby on demand. They're eating whenever they want to they're eating through the night. Um, that will usually keep your period from coming back. Now It's not everybody because this isn't a one size fits all situation. But some people take some a very long time to get their period back. And some people get it back in three months. You know, it just depends on the person which tells us what that everybody's hormones are different, right? Like that's what that tells us. So keep that in mind for this whole discussion, this whole podcast. So if your baby is like, you know, feeding, feeding, feeding, feeding, and then you don't have a period. And then you're like, Oh, look at this. It's great. I don't have to worry about getting pregnant. And then all of a sudden, your baby starts maybe sleeping through the night or instead of getting up three times a night to feed, they're only getting up once. And you know, things start to change a little bit. You ovulate before you get your period. So you could be pregnant before you even get a period. How crazy is that? Right? Like you wouldn't even know unless you are really in tune with your body and go, Oh geez. I think, I think I'm ovulating, you know, like, but I don't know too many people that are that good with it.

Abby ([07:51](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=471.49)):

No, Especially post partum. When everything is so, you know, whackadoo. Yeah. You know, there's usually a time where even somebody who's very in tune with their body is going to be like, Oh, what's it telling me now? I think, yeah, exactly. It's started to tell you all kinds of new stuff for nine months.

Dianne ([08:08](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=488.53)):

So that's why we're kind of like, you know, that could happen at any time. So be cautious, you know, because it can happen.

Abby ([08:20](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=500.11)):

Yeah. So you can't rely on breastfeeding as a form of birth control, but if you're trying to get pregnant, it could make it more difficult. But the reason is this is kind of nature's way of saying nature's way of spacing out the children, right?

Dianne ([08:38](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=518.2)):

Yes. Yeah, yeah, yeah.

Abby ([08:42](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=522.131)):

This is your, this is your time where your body is focusing solely on breastfeeding. We're going to suppress all these other things right now because we're not ready to go back to that yet. We're right now, we're focused on taking care of this new baby breastfeeding this baby. And, um, it's just, uh, just the natural kind of way of spacing our shelter. Now of course, as we know, everybody's different and some people end up pregnant three months after they had their baby, usually much to their surprise. Um, so certainly that happens. And then some people are breastfeeding three, four years have their toddler and they're still struggling to, um, get pregnant. And it's because hormones are just not consistent from person to person.

Dianne ([09:31](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=571.16)):

Right. It's not. So that is why we say, you know, what, enjoy the perk of not having your period, but you know, don't run with it.

Abby ([09:43](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=583.55)):

Okay. And then there, yeah, I'm sorry. There are people who are like, uh, you know, a couple of years into it who are like, okay, I want to have my babies, you know, two, three years apart. That sounds like a good spacing and they're still struggling to get pregnant. And then this, these are people that reach out to, I'm trying to get pregnant. Like, you know, how can I get pregnant? How can I start to ovulate? How can I, how can I help? You know, can I, should I, should I do I have to wean in order to get pregnant? And sometimes it doesn't happen for people until they completely wean. And you know, that's the choice that Certainly you have to make for yourself. Um, But, Uh, your yeah, your body is telling you, your body's giving you that message.

Dianne ([10:35](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=635.18)):

Yeah. You're supposed to space kids a little bit and. Yeah. I mean, it takes a lot out of your body and I do have people that say, Oh, well, you know, I'm getting older. So I want to have my kids right away. So, you know, I want to, within a year, I want to be able to start trying again. And that's definitely like, you know, if you got the energy man, good for you, because that's definitely a lot of work to have three kids or to have two babies that are like really, you know, babies. Um, but it, it does take a lot out of your body, you know, it really does. So it is good to space them a little bit.

Abby ([11:21](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=681.26)):

Yeah. And I mean, like looking back, I had Jack and after Jack, Josh and I both were like, we're not having any more kids because it was so traumatic. And I was just like, there's absolutely no way that I can go through that whole process again. Um, and then when I started to learn that there were more empowered ways of birthing a baby, uh, we started to try again, but I feel like that was really early. It was like, Jack was like six months and I don't know what we were thinking. Yeah. I mean, it didn't happen. It didn't happen it took a very long time. And I, and I do remember being amongst the people that were like, can I get pregnant when I'm breastfeeding? How can I, like, how can I make ovulation start again? You know, how can I manipulate this process? Um, and it's not, it's not really something that you can do. And I, and I, and I ultimately decided it was not something that was worth interrupting that breastfeeding relationship with Jack, um, to do, because it was all about, you know, breastfeeding less. And that's not what I wanted to do. And certainly not what I wanted for my six month old. But, um, yeah, it took two or a year and a half or whatever. Um, I don't remember what I was saying. Oh, maybe that's what, maybe that's all I was saying. I don't know if there was a point, or if I was just staring, I was just sharing.

Dianne ([12:50](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=770.25)):

Yeah. It took you a while. You know, like it, it took awhile and I think that's probably how it was supposed to be.

Abby ([12:57](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=777.3)):

This is what I was going to say. Things come over us. Things just come over us one way or like, I'm trying to have babies, you know, you're like looking around your life. And you're like, this is a really terrible time to have a baby. If from somebody on the outside looking in and you just are not in that space. You're like, I want to have a baby. And it comes from a place that's not necessarily like when people are laying out the science for you, you know, you're not connecting with that because you are in some other kind of mode, you know, you're just like, I want to have a baby. So anyway, if you're, I'm just saying, I get you guys, I get it. If you're like there and you're like, I'm breastfeeding, but I want to have a baby and how's this going to work? And I don't know if it's going to work right now. Like I get it. And like, maybe sometime you look back and be like, why in the world did I think having a baby? So my baby was going to be a good idea. Oh God, I know. Ha think about it. It's crazy. Yeah. So birth control. So that's the whole deal with breastfeeding as birth control.

Dianne ([14:04](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=844.56)):

So if You decide you want to start a birth control. Because very often what I hear from people is my doctor really wants me to get on a birth control. My doctor's already talking to me about birth control.

Abby ([14:16](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=856.53)):

They really do push that.

Dianne ([14:17](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=857.101)):

Oh, they do. They totally do

Abby ([14:20](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=860.22)):

They pushed it on me too. I remember that. Well, so what kind of birth control you're going to use? What kind of blah, blah, blah. I was like, Oh...

Dianne ([14:27](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=867.45)):

Yeah, they totally push it. So there's options. And one of the things that kind of, I don't know, bothers me a little bit is that when your doctor gives you options about birth control, they might not really know all the, all the ins and outs regarding the breastfeeding piece. And they might not give the options that you can have. So the truth behind it is like, there's a couple of really good birth controls that are good for breastfeeding, but you have to remember that everything is hormonal. So even if they say to you, and one of these things is the Marina and the IUD. And that's like the big thing now, like everybody's pushing the Marina, which is, um, the long-term, it's like three, three to five years, I think, or something like that or five years or the implanon which is the one that goes in the arm that like match stick looking thing that gets inserted into the arm. So both of those things are progestin only, which is, you know, supposed to be approved for breastfeeding. But there have been women that have had trouble with milk supply, even with those birth controls. So there is no guarantee that because your doctor says, Oh, but it's a progestin only, it's fine. It's not going to impact anything. They can't guarantee that because if your body is really sensitive to the hormones, then it might absolutely impact your milk supply. Absolutely. The best thing to do? I always say to moms, like, what did you do before you got pregnant? Like, did you have a birth control that you liked? Did you have one that you knew what the side effects were going to be for you? Because honestly, like, even before I get into that, I'm going to get on my soap box about like, if you don't have to take birth control, I mean, your body is already like wigged out. You know, like you had this baby, your hormones are all over the place. Things don't settle in for months with your system and your breastfeeding, which is a whole different set of hormones. And now you're going to throw more hormones into your body. Like that's a lot of chaos. So if you can try to go as long as possible, like if you can go the longer you can go without getting some kind of birth control, the better off you're going to be milk supply wise, regardless, it's just going to be better. Um, but maybe we should take a break for our sponsors and then I can get into some more info details about the birth control stuff.

Abby ([17:10](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1030.84)):

That's a great idea. And before we launch into the sponsor thing, I do want to take a moment to say that please visit our sponsors. Um, we have a sponsor Page at badassbreastfeedingpodcast.com. And then of course the sponsors that sponsor the specific episodes are under that episode in the show notes. But we really hand pick these sponsors. We turn sponsors away all the time because we don't think they're a good fit for you guys. So if you need something, if you're looking for something, please head to the sponsors page on badassbreastfeedingpodcast.com and see if you can find it there. These sponsors make this podcast possible. This is what is running this. This is what is everything costs money, right? So all of the money that comes from these sponsors goes into making this podcast as awesome as it is.

Dianne ([18:01](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1081.97)):

So we know people should just pay us for our awesomeness without having to do anything.

Abby ([18:05](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1085.421)):

But you know, just, if you can utilize the sponsors here, don't just tune out, like they're doing another, they're doing a commercial for like Hershey's bars. Like, no, we're not. We're doing like very specific ads for you based on, you know, they're handpicked. So I just want to say, please, you know, visit the sponsor page. If you need anything and consider checking them out and giving them business because they're supporting us and you.

Dianne ([18:32](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1112.811)):

And they do really have good stuff.

Abby ([18:37](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1117.16)):

Like I said, we do turn sponsors away all the time because we just, it's not a good fit and we're not going to be like advertising stuff to you. That's just nonsense. Okay. Today's episode is brought to you by original sprout original sprout carries safe, effective, and pediatrician, tested shampoos, conditioners, styling, and body care products produced and packaged in the United States. Their hair and body baby wash is made with gentle moisturizing ingredients, such as organic calendula and refreshing Rosemary extract. Rosemary helps stimulate scalp circulation and calm cradle cap and eczema. This hair and body baby wash is ideal for babies, children and adults alike. All of original sprouts products are Parabon and falate free vegan. And cruelty-free their proprietary formulas contain nourishing extracts from fruits, vegetables, and flowers that the whole family can enjoy. They are not just for babies anymore. And Dianne Abby use this all the time.

Dianne ([19:38](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1178.93)):

Yes we do. I love it.

Abby ([19:40](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1180.25)):

Check out the entire line at originalsprout.com, originalsprout.com and use code badass for 25% off your order. Take advantage of this. As long as this code is available, badass 25% off your order. Don't miss that.

Dianne ([19:57](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1197.42)):

they have quick shipping too. Their shipping is really fast.

Abby ([20:01](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1201.04)):

Today's episode was also brought to you by Mama Bar. Breastfeeding is nutritionally demanding. You know that breastfeeding hunger, we all feel it's there for a reason. Breastfeeding demands even more calories and nutrients than pregnancy. It's okay to eat. It's necessary to eat, and now you can reach for a nutritious snack. That's also convenient without the sugar crash. Mama Bar is a protein bar crafted with essential nutrients for breastfeeders by a certified nutritionist who specializes in pregnancy and postpartum nutrition. It's not just another lactation bar. This is about high quality purposeful nutrition. Mama Bar is high in protein and an excellent source of iron zinc and magnesium. All of which keep you satisfied and give you the energy you need. Mama bars are made from real food ingredients, and you can feel great about eating dairy-free and gluten-free, and they're delicious with ingredients like dark chocolate, oats, nuts and flax seeds, easy to eat One handed while nursing. We all know that's important. We can't stop raving about them. Order your mama bars online mamabar.com. That's mamabar.com and use code badass to get 10% off your order. Mamabar.com. Badass 10% off your order snack on. And, uh, oops. So our episodes, I mean, I'm sorry. Our sponsors and their sponsor links can be found at baddestbreastfeedingpodcast.com. Like I said, please go there, check them out. Um, you can find on badassbreastfeedingpodcast.com. Under this episode, you can find our show notes that will give you more information about the things that we talked about. Um, you can find all of our episodes at badassbreastfeedingpodcast.com. You can find information about scheduling your very own lactation consultation with Dianne. And our shout out of the week goes to, Oh, my phone is locking me out. Midwife Angelina. You can find her on Instagram. This is Angelina Ruffin Alexander CNM. She is a midwife Angelina on Instagram. Um, she's home birth midwife, birth activist, mom, promoting women and families in all their glory in Atlanta, Georgia, and the surrounding area. This feed is amazing. You have to follow this. Um, she has like all of her, you know, midwife, homebirth midwife, um, posts here. She, she documents a lot of it. She has a lot of pregnancy and home birth information here. Um, it's just such an awesome feed with like birthing pictures and, um, videos. And it's just beautiful. So follow it, Angelina midwife, Angelina, and that's all I got.

Dianne ([22:50](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1370.8)):

Awesome. So as I was,saying, if you had a birth control that you were taking before you had the baby and you know the side effects, you know, you know how it affects you and the, and you want to go back to that, just kind of like, you know, do a little research, make sure it is going to be something that's okay for breastfeeding. There's a couple that are not okay for breastfeeding and that's because they have estrogen in them. So that's what you want to stay away from. You want to stay away from any birth control that has estrogen. So a lot of times, if you say, okay, I'm ready for a birth control, or if your doctor says, we want you to be on a birth control, then they'll suggest what's called the mini pill and that's they call it that just because it's lower in hormones. But if you are somebody that doesn't like taking pills or that isn't very regular with your pills, or, you know, like, or that's hard for you, then this isn't the birth control for you. You know? And sometimes they really push that one because like, Oh, you're breastfeeding. So this is really the best thing for you. And if you're like, I don't, I don't, I'm not good at taking pills, then that's not going to be a good birth control for you. You know? Like, so we want you to have something that you're going to have that you're going to be comfortable taking or, you know, having whatever. So The copper IUD, which is an option that a lot of times doctors don't talk about, but it is an option and it can stay in for like, you know, like 10 years or something like that. And with any of those, like the implanon the Marena, the copper IUD, you can take them out whenever, like, just because it says, okay, this is good for five years. It doesn't mean you have to keep it in for five years. You can keep it in for a year and a half and take it out and have another baby. But the copper IUD does not have hormone. So that is a really good choice as well, because there's no hormones there. Um, some women do have problems with the progestin only, and that would be your, you know, the mini pill the implanon the Marena and the depo shot. So the issue with the depo shot, because that one gets put out there too, a lot as, Oh yeah, this is fine. You can have this, but that stays in your system. So if you don't like the side effect you're getting from this shot, there's nothing you can do about it. At least with like the Marena or the implanon If you don't like the side effects, you can just take it out, but the depo's in your system for months and there's nothing you can do. Um, It was suggested that if you want to get a Marena or you want to get the implanon or something like that, to start with the mini pill, because it's similar that way, if you have some side effects, you know, okay, maybe this is not for me. I'm not going to go ahead and get that Marena because it's just not for me because I'm already having side effects that I don't like off this mini pill. Um, there Are some people who opt to get the Marena IUD right after delivery. Like while you're still in the hospital And The risk of expulsion, which is that Marena just coming out on its own , are high because your uterus has not gone back into place yet. So now your uterus is going back down and it pushes out that Marena. So you have a more at an increased risk of expulsion with that thing coming out, they have research has showed an increased risk of decreased breastfeeding duration and a decreased risk of exclusive breastfeeding. So moms got the Marena early, like right after delivery, they had more breastfeeding problems. If you wait at least six weeks to get your milk supply, well-established your chances of having problems with milk supply are going to be less likely, Um, Uh, some anecdotal, And this was kind of interesting. I thought there was some anecdotal information that mothers have reported fussiness with, um, with birth controls, their baby was fussy, not the mom, the mom's going to be fussing with it, but the mothers reported increased the fussiness of their baby with the birth control, which, you know, I, I found that very interesting, but it's like I said, it's anecdotal. So, you know, we don't really know, there's not any actual research on it. You got to think, okay. Maybe, you know, it was at a time developmentally where babies are going to be fussy anyway. And they just kind of like chalked it up. But supposedly once they stopped the birth control, the fussiness stopped too.

Abby ([27:50](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1670.78)):

So that's interesting.

Dianne ([27:52](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1672.94)):

Yeah. I thought that was very interesting. And another thing that I read was, um, one of the articles noted that using any birth control before six weeks can actually be difficult for newborns to metabolize because of the hormones. So their livers are immature, you know, like the livers aren't metabolizing You know, to a great degree in the beginning like that. So it's harder for them to metabolize those hormones before six weeks, according to one of the articles that I read. And I thought that was kind of interesting too, the longer you can wait the better, like really the longer you can wait, the better and there's things you could do, like you can do condoms, like, and I know like dads don't want to hear that partners don't want to hear that, you know, but that is better for you. Like hormonally, it's better for your health, right.

Abby ([28:47](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1727.66)):

Just, you know, yeah. Try to wait, try to wait a little while just while the hormones are adjusting

Dianne ([28:57](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1737.38)):

Some women too, like, you know, cause sometimes your doctor will be like, okay, let's talk about birth control. And you're like, I'm never having sex again. So why do we need to talk about birth control? You know? Cause your baby's like three days old or something like that. But um, if,

Abby ([29:16](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1756.22)):

Yeah, that's what I was like, I don't know. I don't need birth control cause I'm never, ever having sex ever again, not happening.

Dianne ([29:25](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1765.79)):

And that's how a lot of women feel. Yeah. But there's, you know, there's definitely things you can do. There's, you know, there's the condoms diaphragms, you know, like stuff like that, that people are like, Oh my gosh. I remember saying something to my doctor once about a diaphragm. She was like, I haven't fit somebody for a diaphragm in like years. And I'm like, yeah, but I don't want the hormones. I was just tired of the hormonal birth control.

Abby ([29:51](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1791.15)):

Yeah. I think. And also like right in the beginning, like, you know, when, when you don't, when you, when you, you know you can be relying on breastfeeding as birth control is a little bit more reliable in the beginning, of course, you know, we already told you not to rely on it, but the earlier the earlier, the more you can, and then once it becomes a little bit later, your baby's a little older than everybody might be a little bit more ready to have that conversation about what birth control you want. And, but if you feel like you're not ready and you feel like being pressured into it, like just tell everyone to back off. Yeah. Just tells me like back off, man, I've been through enough, I'm going through enough right now. Like you just have to like, wait until I figure out what's right for me. Okay.

Dianne ([30:35](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1835.28)):

I mean, this is your body. And if you're going to feeling like I'm not ready to just start again with hormones, then leave it go. Because a lot of, a lot of moms, I mean, a lot of our listeners might even say, Oh my gosh, I was on birth control for years before I had this baby. And then you jumped back into it again, like, it's just give it, give it a chance, you know, give your body a chance.

Abby ([30:57](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1857.63)):

If somebody starts birth control, somebody wants to start birth control and they start birth control and they do see a problem with their milk supply. Um, what should they do?

Dianne ([31:08](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1868.37)):

Stop that birth control.

Abby ([31:11](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1871.34)):

Okay. So just stopping and then give it like a few days should be okay.

Dianne ([31:14](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1874.97)):

Yeah. And it'll start to increase, you know, your milk supply will come back except for the Depo because the Depo stays in your system. So that's where if you get the depo shot and your milk supply tanks, you're screwed because you can't get that out of your system. Right. Right. You know, so you, you know, you just have to deal with that.

Abby ([31:36](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1896.37)):

Starting with those daily doses is better.

Dianne ([31:38](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1898.57)):

Yeah. Definitely. Kind of like see how your body reacts, how your baby reacts. But when people contact me anytime after like two months and they're concerned about milk supply problems, that is one of the things that I ask is, did you start a birth control? You know, because it's like, we just want to cross it off our list. You know, we just want to make sure is that something that is a problem. And yeah, a lot of times actually recently I've had moms say, no, I haven't, which is really great because it's like the longer you can go the better. But there have been some times where we did corner right down to like, okay, this is when we started seeing problems. And it was within a few days of that birth control being started. So, you know, it can happen. And I know they say, you know, they might tell you, Oh no, the Marena is perfectly safe, but I know it really depends on how your body reacts to hormones. It really does. You know, not everybody's body does not react the same. I actually had the Marina for like for a month. Did you ever have it?

Abby ([32:42](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1962.2)):

No. I never had that. No.

Dianne ([32:44](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1964.15)):

I had it for a month and I went back to my doctor and I go take it out. I can't deal with it. And she was like, but you only had it for like a month you got to give it time. I'm like, I can't, I cannot, I hate it.

Abby ([32:52](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1972.371)):

I can't Deal with the psychology around something in me.

Dianne ([32:56](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1976.39)):

I was just, yeah, it just was not. And I was just, but she, and I remember her even saying to me, you must be really sensitive to hormones then because, um, you know, a lot of people have no problem with this and I'm like, I can't take it. It just made me feel awful. Like I just could not take it.

Abby ([33:15](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1995.22)):

Yeah. We don't have to live like this. If it's making you feel miserable, stop taking it.

Dianne ([33:19](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1999.96)):

No, this is your body. You have every right to like, not take something if you don't want to take it. Um, and like I said, there are things like condoms and vasectomies and stuff like that...that can happen too

New Speaker ([33:19](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=1999.96)):

Abby ([33:33](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=2013.16)):

Totally. These are awesome. I can vouch for how awesome vasectomies are.

Dianne ([33:40](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=2020.15)):

Yeah. We didn't go that route in our house. So my first husband did, I remember that and I remember him coming home afterwards that day or whatever, and kind of like, you know, a little bit whiny, a little bit achy or whatever. And I remember just looking at him and he goes, you don't really care about this at all. Do you? And I go, no, I don't. Not at all.

Abby ([34:05](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=2045.02)):

No. My husband was like, yeah, it was a little weird, like a little bit halfway through, but it's fine. Yeah. I mean I've heard of like men laying down on the couch for like a week and like asking to be delivered food and stuff.

Dianne ([34:19](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=2059.24)):

Oh yeah. I've known people that got to put back together and had more kids, so, Oh yeah, yeah, yeah, yeah, yeah. So it really, you know, me personally, I had my tubes taken out, so, um, I don't need to worry about that again, but

Abby ([34:34](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=2074.84)):

No, but the vasectomy is much, much less invasive. Yeah. And so if you can do that, you know, advocate for that, because it is much easier for them than it is for people with uteruses and tubes. Yeah.

Dianne ([34:49](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=2089.63)):

Yeah. It's a much easier recovery. Um, and then sometimes like, I've, I've recently, I've had a couple of moms say I need, um, I need something just until we get to that point. Cause we're, you know, my husband's going to have the vasectomy but you know, we're waiting Or whatever the situation is.

Abby ([35:07](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=2107.78)):

that's a decision. Like it's a big decision. And so you want to be sure. Yeah.

Speaker 2 ([35:11](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=2111.29)):

Yeah. And that's okay. We can give you something to, you know, in the meantime there's stuff you can do, you have lots of options. So we will like, we'll put some of this stuff in the show notes as far as like, you know where to get some information. Um, and if you have more questions, definitely get ahold of us if, if you're really concerned about it, but just remember like there's options and don't take anything that you don't want to take or that you're not comfortable taking. And just keeping in the back of your head that even if they say, Oh, this won't hurt your milk supply because it's hormonal, There's always that chance, but we can get it back if that's the case.

Abby ([35:45](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=2145.96)):

Yeah. Yeah. Don't freak out. Don't freak out. It will come back. It won't just dry up and go away forever. No, unless you don't stop the birth control, then you'll continue to have issues. Then you're going to continue to have problems. Yeah. You can definitely recover from that. Definitely. Okay. Thank you for listening. That's it. Thanks for listening. Take care. Bye

Speaker 1 ([36:16](https://www.temi.com/editor/t/oBzdixjavnCPe_VIV6fsRXmYKa3dP1O2_39W3xTmNd01c-m-wKKcN44_bE0uVU1KOs9SUesNZpX6mnJLmFYUiZP8Zkc?loadFrom=DocumentDeeplink&ts=2176.01)):

[inaudible].