music

dianne ([00:22](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=22.13)):

Welcome to the Badass Breastfeeding Podcast. I'm Dianne your Lactation Consultant

abby ([00:26](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=26.63)):

And I'm Abby the Badass breastfeeder. And 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 USA. And today's episode is also brought to you by FairHaven Health. The Milkies softies nursing pads have three layers of plush, natural fiber that protect against leaks and they're reusable. Um, but we'll hear more from our sponsors later. And I want to tell you that sponsors make this podcast possible. So if you can please give your business to our sponsors. We have a sponsor page at badassbreastfeedingpodcast.com that you can check all of our sponsors. And if you need something, please check there because they do a lot for this podcast. They help bring this to your living rooms or your cars or your wherever you're listening. And when you're there at badassbreastfeedingpodcast.com, scroll down to the bottom and enter your email address and you'll get the episodes sent right to your inbox. Um, but right now, Dianne has our review of the week.

dianne ([01:32](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=92.69)):

Yes I do. And it comes from iTunes. So thank you for leaving it there on iTunes, because that helps us a lot. This comes from Bettyp\_MCC and she says helpful info and reassuring. This podcast has been such a great find. I am almost six months into my breastfeeding journey with my first baby. And I've found the information on this podcast to be very helpful. This is, there is an episode for every subject that could cause you anxiety. And if you are really passionate about breastfeeding, this podcast will help you succeed and feel supported. Whether you have a supportive community around you or not. Thanks from a new mama and her chubby little breastfeeding baby. No, I know. Thank you so much for this. And we really do try to like, make sure we cover all the things like I know in the beginning, when we first started this podcast, we're like, all right, we're going to be out of topics in like six months, but there's still some stuff that comes up and I'm like, how do we not have an episode on this? Like we really try hard. Plus when people send us reviews and suggestions and things like we put that on our list. Like we have an ongoing list cause we want to make sure that we're talking about the things that are going on and in our, in your breastfeeding life right now. Um, so thank you so much. I am so glad that you found us. And I hope that if people listen, when they're pregnant, that they find it helpful, um, to kind of have an idea of what to expect. If you find us when you're already in your breastfeeding journey, definitely go back and listen to other episodes because might be able to find some stuff that go, Oh my gosh. Yeah, I'm totally validated by, by this episode. So, and we would love to hear your comments about it too. So shoot us a review. You can send us an email, post something on Instagram, follow us. I hope you're following both of us on Instagram and Facebook. Um, I'm DianneOCassidy on Instagram and of course Abby's badass breastfeeder everywhere She goes. So, um, that's really just her name. You should like change it legally. Yeah. it would Be fine. Just change it. Sign your checks, the badass breastfeeder and that's it

abby ([03:35](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=215.88)):

I was Mailing these packages and like to family, but I was using like the business, you know, cause I sell shirts and stuff. And so I was just using the PayPal, like the same account. So I'm sending like stuff to my sister and my mother-in-law and it says like from the badass breastfeeder and I'm like, yeah, Well they'll know. Yeah. They know.

dianne ([03:51](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=231.39)):

they'll know it's totally fine. But today We're going to talk about getting your period back.

abby ([03:59](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=239.94)):

Yeah. I love this topic because what's normal. All of it.

dianne ([04:04](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=244.26)):

Nothing. Yeah. Yeah.

abby ([04:05](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=245.88)):

That was awesome. All of it and nothing. Oh yeah.

dianne ([04:08](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=248.161)):

That's pretty much how yeah. It's like, yeah. Yeah. Whatever happens happens. I kind of feel like it's like pumping, you know, it's like, there's no consistency and you can expect anything.

abby ([04:19](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=259.83)):

Yeah. And, and I was thinking about it too with like weaning, you know how some people are like some people, I, sometimes people will message me and they'll be like, I weaned like a year ago and I can still express some milk. Is that normal is something wrong. And I'm like, you know, it's just fine. It's normal. It's normal where there's no milk right away. And then there's milk two years later. Like you just don't, your body just does stuff. Like we don't know why.

dianne ([04:46](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=286.35)):

And it's different with every baby. No. Right.

abby ([04:51](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=291.21)):

It's different with every baby and different from your friend and different from your mom or your, you know, whoever. Um,

dianne ([05:00](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=300.72)):

Yeah. And then you've got to think too about like some of the stuff that's happening, you know, are you on a birth control? Cause that's going to impact it. What were your periods like before you had your baby? Were they regular or were you on birth control all the time then went off then got pregnant and maybe you don't even know how your periods are supposed to be. There's so many variables here.

abby ([05:21](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=321.27)):

Right. So let's talk about what happens. So you get pregnant. Yes. And then your period stops. However, I do hear these stories about how people are pregnant and they still get their period. So I don't know what magical stuff is that.

dianne ([05:34](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=334.62)):

Yeah. I don't know. We can't cover that because I have no idea

abby ([05:37](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=337.59)):

No, because generally your period stops and then you have your baby and there's usually like a period of time where you're bleeding. Yes. That is not your period.

dianne ([05:48](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=348.36)):

No, it is not. And sometimes people have a little bit of breakthrough, like they'll bleed for a little bit. Cause I know you even said you bled for quite a while. Um, I think I bled two or three weeks and then stopped and then started again with my first baby started again. And then, you know, then I read that, you know, the more you do that could kick back in again. So sometimes it happens to people and they go, Oh my gosh, am I getting my period at four weeks? Well, you're just doing too much.

abby ([06:17](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=377.65)):

Right. Right. And there's still that just postpartum bleeding. Yeah. That postpartum bleeding man that's nasty stuff. Yeah. With Jack, I bled for, it was about three months. It was terrible. And they were just like, yeah, you know, that's a lot, but you know, it'll stop. And I wasn't, I didn't, I don't think I was doing too much. It was just, I mean the whole birth was traumatic, so the whole situation was bad. And then, and then I don't and then see, this is why I feel like some people can remember exactly when they got their period back, but that finally stopped. And then I think I got my period back, I don't know, like eight months or something.

dianne ([07:03](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=423.13)):

So maybe Jack was just like sleeping better or sleeping longer stretches maybe, or

abby ([07:09](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=429.19)):

Probably, yeah, it was probably something like that because, um, I do remember Josh and I saying like, cause we had an episode about where we were talking about this on our birth control episode where we were like, it was probably like, well, we first had Jack and then I was like, we're never doing that again. Um, or we're never doing that again. We're never having a baby. We're never having sex when I'm nothing nothing's ever happening again. It was just like, uh, my vagina. I was like, that's not, that is an exit from now on, that's not nothing's happening there ever again. Um, and then I healed and you know, by like six months we were like, so are we going to have another baby or not? And I was kind of like, when is my period going to come back? Can I make my period come back? Because this is what people, this is another thing we need to talk about. Yeah. Um, because a lot of times people are like, well, I'm trying to have another baby. And my period's not back yet. What can I do? Um, and so, okay, well, so then we just covered, I just covered like eight topics.

dianne ([08:07](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=487.75)):

but follow along everyone.

abby ([08:08](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=488.381)):

um, you, so, so your period basically is not postpartum bleeding. That's just going to happen. That generally will clear up before three months, like it did with me. Yeah. Typically. Yeah. Um, and then your period will come back when your body is ready for your period to come back. So let's talk about like, why let's talk about, um, why there's no period. And let's talk about that first. Why do we not have a period?

dianne ([08:51](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=531.88)):

Because when you're breastfeeding and this is for breastfeeding, this is not if you're formula feeding. So it's going to be different. Like if you have friends or family members that formula fed and they say to you, Oh, I got my period back at, you know, a month or two months or whatever. They might not realize that you don't get yours. So it's, you can't compare the two. If you are breastfeeding, the hormones are different. So your are breastfeeding keeps your body from ovulating. If you are breastfeeding on demand, you're breastfeeding every couple of hours, very frequently that is going to adjust hormones that help you ovulate. And you're just not going to ovulate, which means you don't get your period. But when your baby starts maybe stretching things out or maybe you return to work. Um, so you're not breastfeeding on demand like you were before. Maybe your baby starts sleeping longer, stretches through the night. Maybe you started solid foods. Any of those things can kind of alter your breastfeeding and then you can, ovulate all of a sudden and have your period or ovulate and get pregnant right away. Never even have your period, but you ovulated. So you can do there's lots of little ways it can happen, but it can be different with each baby. And I've, if you talked to a mom that has had more than one baby, she might tell you, Oh yeah, the first time I got my period back at six months, second time I got back at four. Third time, I got it back at eight months. Like it could be different every single time.

abby ([10:26](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=626.69)):

Yeah. And it can really vary. I mean, some people will go like two years.

dianne ([10:31](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=631.82)):

Yeah. Now I, for my first actually, no, that's a lie. It was for both. I went like a year, but mine was not regular beforehand. So I don't think you could really go by that, you know? And I was just like, Oh, this is great. You know, it was great I'm not getting my period back. But I, now that, like, I know what I know, because back then I knew nothing about anything. So now that I know what I know my periods were very, very irregular. And in fact I had gone because I was a distance runner and I was like in the army and everything. So I had gone like a couple of years without even having one at all. So, and then all of a sudden had one and got pregnant. So of course mine was not going to go back to anything regular. Cause it really wasn't before that either. So that's something to keep in mind that if you were kind of irregular before, you might not be regular again, now that you're, you know, postpartum.

abby ([11:34](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=694.13)):

Yeah. Yeah. So, so you can't, and this is where people start to cause some, you know, I also was very much enjoying not having a period. And then when it came back, I was like, Oh NO. But some people are wanting to start having their next baby and want to try to manipulate this process. Um, and I don't know, I guess there's mixed reviews, um, about that, because I remember when I first had Jack and then we were starting to think about this and I was thinking about this, manipulating the manipulating my body, manipulating my cycle. Um, and I asked in a Facebook group about it and somebody said to me, they were like, um, what's your priority? Like, what are your priorities right now? You know? And I had to say like, Jack, like breastfeeding Jack is my priority. Um, and so, you know, I really had to think about like, okay, well, so I don't want to, you know, start doing those because there's all of those, um, people will come in with the suggestions, like, well, just start feeding them lots of food or like, you know, try to try to get them to sleep through the night or go to a hotel and like spend the night away, you know, like things to, to kind of like basically interrupt breastfeeding, to try to get your body to start ovulating. Right. Um, and that's tricky business, you know, cause you're generally working really hard to get breastfeeding, to start to, to work really well. Um, and then if you start messing with it, you know, it's not like when you're, you know, if your child starts eating a lot of solid foods, I'm not saying that breastfeeding is over. Um, but just the idea of manipulating it is, I don't know, think about your priorities.

dianne ([13:37](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=817.43)):

Yeah. That's a great way to put it because I have, we've had people contact us about this and I know I've had people say it to me too, where they almost, it almost feels like I need to fix this for them. You know? Like, they'll be like, well, I really want to start getting, you know, I want to start working on my next baby. So what do I do? And it's like, I don't know what to tell you about that. Like, I'm not, I don't have a magic wand for ovulation. So I really don't know what to tell you, because if you don't want to wean, you know, I think the way you just put it as great, like, what are your priorities right now? But we have to really remember that primitively breastfeeding has been the way cultures have spaced their children. Um, and that's just how it's always been. Like throughout history, babies have been spaced because of breastfeeding. And that's just like, we can't, sometimes we can't manipulate that.

abby ([14:41](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=881.13)):

Yeah. So breastfeeding on demand is the way that your body and your baby were kind of wired to be right. And so if you're breastfeeding on demand and you're doing that kind of, you're doing that and your body hasn't ovulated yet you haven't gotten your period back yet. That's kind of the signal that your body's just not ready, you know? And then, and, and it will, you know, at some point your, your, it will come back. It will come back. It might be inconvenient timing for you, which is annoying. It's annoying. I want to control nature. I do too. I do. I wish I could just control, like what's happening with my body, except some things are just so completely out of your control. And so I think it's, I think it's, you know, that's also your body needs time to, Oh yeah. You know, it's a way of, it's a way of like spacing babies out. It's also a way of having your body heal and recuperate from being pregnant and birthing and breastfeeding, you know, and, and those in that time, that time period.

dianne ([15:42](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=942.94)):

And now when you do get your period back, say, for example, you get your period back at eight months. Right. Um, you might get it and then you might not see it again for, you know, 45, 50 days. And then maybe you'll have it again. You know, it might not be regular anymore, or it might not be regular right away either, which is also another thing that's frustrating. Cause then you can't really depend on when you're going to get it.

abby ([16:12](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=972.76)):

Yeah. And that worries people sometimes too. They're like, I got my period and then, and then this month I didn't get it is something wrong. Um, you know, and that's, it's not, there's not something wrong. It's just irregular right now. Or you get it. And then two weeks later you get it again. Oh yeah. And you know what I figured out too, with the three months of bleeding that totally removed the entire nine months of not getting a period. Oh my God. It just like made it all up again. I was like, no, that's not fair.

dianne ([16:44](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1004.92)):

No, it's like, you're being punished. Mother nature hates us women It's so difficult.

abby ([16:55](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1015.18)):

Um, why don't we take a break and then come back and talk more about periods.

dianne ([17:00](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1020.13)):

Yes. Perfect. I have more stuff to say.

abby ([17:03](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1023.61)):

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dianne ([19:47](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1187.51)):

And who doesn't want to do that. Come on seriously in our virtual world right now.

abby ([19:53](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1193.81)):

Exactly. Everybody needs that right now. We need all our online support, all the online support we can get. I think it's kind of easier. Like if you're, I mean, I guess it's nice if you're, if the lactation consultant come to your house, but like, if you have to go to an office or something, it's kind of nice. If you have a newborn, we don't have to leave your house. I know, take advantage of the technology. Fantastic. Uh, okay. And so our shout out of the week, the shout out of the week goes to, uh, Lene's birth services. Uh, she can be found on Instagram at Crimson\_doula\_Lene. So that's Crimson C R I M S O N, underscore doula underscore Lene. Uh, and this page is, uh, she describes herself as native holistic doula of color, home birth assistant, uh, with a BA in psychology, spiritual knowledge seeker, animal lover, wordsmith Explorer, um, based in Queens, New York, you can head to Lenesbirthservices.com. Uh, the newsfeed on Instagram is beautiful and very educational, lots of information about breastfeeding and, uh, birth, uh, and the, um, her services include, um, you know, pregnancy birth and postpartum care. So check them out. Lenesbirthservices.Com and Crimson\_doula\_Lene on Instagram. That's all I got.

dianne ([21:26](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1286.29)):

That's awesome. What do you got for, what else do you got for periods?

abby ([21:30](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1290.75)):

So for periods. Yeah. I mean, what I think, I think because I get contacted a lot by, by people wondering what is normal, you know, it's been so long, is it normal? It came back and then went away. Is it normal? It's really heavy. And then sometimes light is it normal. So I would say if you, you know, if you have not had, um, children and your period is acting irregular, I would say, you might want to get that checked out if you had a baby and your period, you know, and you're like breastfeeding, you know, you're in this like, you know, postpartum time, really, everything is normal. It's just a weird time. Your hormones are like freaking out. You know, your body is trying to figure out what to do again is trying to find its rhythm again. Cause that's what bodies do. Right. They try to find rhythm.

dianne ([22:30](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1350.57)):

Yeah.

abby ([22:31](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1351.23)):

And so it's trying to find the rhythm again. Um, so you're going to see all kinds of different things. And now obviously if you're concerned, definitely talk to your healthcare provider. Um, but generally these things are not, um, a concern and you can go a real long time. I mean, I hear people really, I think at 18 months, two years people, you know, I would get worried too. I mean, what's going on? Where's my period. And that's unusual. I mean, it doesn't usually go on that long, but it does happen. I've got, I've had people contact me. Like where is it? Um, you know, yes, I'm still breastfeeding. I'm still all of this. And I'm like, you know, it'll come.

dianne ([23:16](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1396.29)):

And this is kind of another one of those topics that doesn't get addressed necessarily because you're really not thinking about it. You know, you're not thinking about when you're pregnant, you're not thinking about saying to your OB or your midwife or, you know, your provider, anybody. Um, what's going to happen with my period. What's, you know, what's going to happen and getting real education on it. What they tell us is you're recovered in six weeks to go back and do whatever it is you want to do. You want to start working out you can do it in six weeks. You're gonna go back to work, can do it at six weeks. You had a, C-section make it eight weeks. Do you want to have sex again? You do it. You can start doing that at six weeks. Like we're really not recovered in six weeks. No, it really takes a lot longer than that. But we kind of like have this, you know, idea in our heads that, Oh, six weeks, eight weeks, I should be good to go.

abby ([24:08](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1448.41)):

Yeah. Cause that's the number. I mean, that's the number that we picked in our society. And that's generally when a lot of people are going back to work. So we just named it. Yeah. Not based on any kind of science or anything that's going on with your body.

dianne ([24:20](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1460.56)):

And everybody's so different. So we really can't use that at any kind of guideline because your hormones are still going to be all over the place. And then, like I said, if you started a birth control or anything like that, that's going to impact it too. But you're, it's going to be when your body says it's time. And sometimes you can't control that. Like we were saying earlier, as much as we want to might not be able to.

abby ([24:47](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1487.83)):

Right. Okay.

dianne ([24:49](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1489.06)):

So it's, it's kind of, yeah. It's frustrating. One thing I wanted to make sure we did talk about is it's very common that if you do get your period back while you are breastfeeding, that it can cause a dip in supply. And um, a lot of moms don't realize that or it makes them very, very nervous. So what happens is because those hormones are fluctuating during ovulation, it can cause a dip in supply because things are just like, your system is just doing some stuff. So you might see a dip in supply around ovulation time, and then it kind of kicks back in around, you know, after you have your period and it's, again, it's different for everybody. Some women never notice it. I think the women that notice it more are the breastfeeders that are doing like pumping more, you know, like they're back to work, they're pumping more. And you notice that dip with pumping, but you don't necessarily notice it when you're breastfeeding

abby ([25:55](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1555.63)):

That's a good point. That's a good point. Yeah. You might have a dip in your supply. Um, but if you're breastfeeding, you just don't notice it.

dianne ([26:02](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1562.77)):

Right. It's like, Oh, the baby's eating more frequently or the baby's going through a growth spurt or whatever. Like, you don't really notice it, but if you're pumping and you're, especially if you're counting like every ounce, because you're working and sending milk for your baby, then you're just like, Oh my gosh, why did I only pump, you know, a couple ounces today? When I, when I normally pump four, for example, but I only pumped two. What's going on? Um, then you're going to notice it. And then I get calls from moms that say Hey, what's going on with my supply? First question I ask is, did you get your period back yet? Because that can definitely impact it. So there, there is something that you can do about that. Um, there's some great information on Kellymom. Of course, I'll link to this about taking a calcium magnesium supplement during that time because that's supposed to help. And it's, it's one of those things where it's like, some people say it helps. Some people don't notice much of a difference, but you could always give it a shot. If it's something that you're really struggling with, you could always try doing a calcium, magnesium supplement and the, like the dosages and all of that stuff are on Kellymom, because it is very specific on like, when you should take it and how much you should be taking and you know, all of that, but that can help. But that is a normal process that your supply dips a little bit with ovulation and your period, and it comes back. It's not the whole, it's not like, okay, now every month it's going to dip and get lower and lower and lower and lower, lower it just dips. And then it comes back up again.

abby ([27:46](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1666.11)):

because this is all hormonal.

dianne ([27:47](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1667.55)):

Yeah. It's all hormonal. Yeah.

abby ([27:52](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1672.74)):

Pumping is such a mind fuck.

dianne ([27:53](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1673.461)):

Oh, it is.

abby ([27:56](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1676.12)):

It's like not, it's like, you're not supposed to know. It's like, it's like 24 hour news on your body, you know, like you're not supposed to be getting news 24 hours a day. Um, you know, because it's just, we're not set up like that. Um, but you know, if you sit around and watch 24 hour news, you're like, Oh my God, you know, in your body, it's like, you're pumping. It's like, you're getting 24 hour news, like on your body. It's like, Oh my God, it's too much. It's too much. And it's like, you're not you don't, you don't, you know, if you're just breastfeed and there's so many, like things that you can just not have to, you know, you just, you don't have to pay attention to it or you don't, you're just not presented with the information. And with pumping, you're presented with so much information. It's like too, it's like too overwhelming.

dianne ([28:40](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1720.52)):

It's more than we need.

abby ([28:42](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1722.23)):

Yeah. It's more than we need. And it's, you know, pumping is obviously totally necessary for many people. It's like, uh, it's just something that we have to do, but then you also have to deal with the fact that you're going to be, that you have to deal with all the consequences of that too. It's so stressful.

dianne ([28:57](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1737.62)):

And it's not accurate. Just like many news stations are not. Yeah,

abby ([29:01](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1741.13)):

That's true. That's true. Yeah. The information you're getting, isn't always, you know, it's fake news by the way, such a timely podcast. Perfect.

dianne ([29:18](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1758.23)):

But it is a great way to put it because it is just like, yeah. And then you're go through every month going, Oh my gosh, did my supply dip again? Is it because I'm getting my period? Is it not? Is it going to happen? Is it not? Like you are just freaking out with it

abby ([29:35](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1775.63)):

And you know, it's not a time thing. You don't have to go like, Oh God, I got to quickly supplement, you know, my baby's not getting enough. Um, you know, your baby can handle these fluctuations too. You know, there are normal fluctuations for your body. So, you know, your baby is definitely wired to go with it too.

dianne ([29:55](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1795.02)):

Absolutely. Yeah. I mean, it, it just, I think we always think, Oh my gosh, the baby's going to starve. They're not, they're going to make up for it. They're going to feed the way they're supposed to feed to get your body to, you know, kick it into gear. I mean, we've been doing this for millions of years. We just don't trust the process. Yeah. And it works. It really does work. And there's a lot of women that breastfeed through their second pregnancy or third pregnancy or fourth pregnancy or whatever. A lot of families do that. And it's definitely possible to get pregnant while you're still breastfeeding. And then to continue on breastfeeding throughout that pregnancy. It's possible. You can do that.

abby ([30:41](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1841.34)):

Well, that's another, that's another good point actually real quick is, you know, if you are, if you're, you know, if you're, if so, if you get your period back when your baby is like, you know, less than a year and you do get pregnant, you know, that's another thing to think about too, because you, you can breastfeed through your pregnancy, but your supply will likely dip a lot.

dianne ([31:10](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1870.5)):

Absolutely.

abby ([31:11](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1871.37)):

And so you will not be able to have a full milk supply for a child, for a baby that is under the age of one who really needs to be having solely breast milk. Yeah. So that's something to think about too, you know, if you were like, Oh, I want a tandem nurse. I'll just tandem nurse. I'm six months postpartum. Uh, you know, when you get pregnant, you're likely going to have to figure out some other, that's a situation where you likely will have to supplement.

dianne ([31:37](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1897.68)):

Yeah. I got an email about this just this week. And, um, it's, I think it kind of, I think sometimes that can take people by surprise.

abby ([31:46](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1906.41)):

Yes. Because people don't know, they're like, Oh, tandem nursing. Yeah. I'm going to do that. But tandem, I mean, tan nursing works, you know, when you're, when the first one is a little bit older because the dip in supply isn't a make or break situation for them, you know, they're starting to have other things, other food, other, other liquids, and, and they can, you know, they can continue to, to sometimes people have milk throughout the pregnancy, generally not a full milk supply. Um, but they can just continue to like comfort nurse or just get the little bit that's there and you know, they're fine. But if you have a six month old, that's not going to be sufficient.

dianne ([32:30](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1950.75)):

Gonna be harder. Yeah. And stressful.

abby ([32:34](https://www.temi.com/editor/t/nwANdi8AuBXZREHau2GdesMHuPUVx7OGv1B72Slu6h1G3sXcZK4bBRrE3OfDbVW77HzXc-kSIrK2QVQeyNm0F5MEjHc?loadFrom=DocumentDeeplink&ts=1954.89)):

Yeah. So think about that too, if you're trying to get, if you're breastfeeding and you're trying to get pregnant right now, wondering where your period is, wondering how you can get that. Just think about the age of the first one first and you know, again, your priorities what's what are we, What are we trying to do? Yeah. That's a great way to think about it. Yeah. So that's what I got. Thanks for listening. Thank you. Bye. Bye. [inaudible].