

GRIEVING AFTER BREASTFEEDING

- **Breastfeeding, as wonderful as it is, will eventually end**
- **The production of oxytocin, the pleasure hormone responsible for a sense of well-being, decreases during weaning**
- **Abrupt weaning leads to radical hormonal changes**
- **Since breastfeeding meets almost all of the child's needs, we can feel helpless when we no longer have the breast to offer, when we no longer have the exclusivity to meet his needs**



How to facilitate the transition

- **Find other sources of physical closeness and complicity with your child**
- **Ideally, prepare for the transition gradually: gently decrease the frequency and duration of feedings rather than weaning abruptly**
- **Immortalize the last moments in photos**
- **Ask a Nourri-Source support volunteer for information**

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