

## [LOSE BABY WEIGHT BREASTFEEDING](#)



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And actually, you might want to wait six weeks or even longer before actively trying to lose the weight. Those entire first six weeks are a transitional period, Ritchie explains. It takes about that long for baby to adapt to the rhythms of the outside world, and for both baby and mom to get a hang of breastfeeding.

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If you have a large amount of weight to lose you may want to reduce calories by more than 20- 25% or if you have a small amount of weight to lose you may want to reduce by 10%. Please note we do not recommend consuming less calories than your BMR calories.

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### **Breastfeeding and Weight Loss Verywell Family**

Breastfeeding can burn up to 500 calories a day. So, even though you are eating more, you can still lose weight. Studies show that women who exclusively breastfeed are more likely to lose their pregnancy weight by about six months after their babies are born compared to women who do not breastfeed.

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### **Will breastfeeding help me lose weight BabyCenter**

March of Dimes. 2013. Your body after baby: The first 6 weeks.

<http://www.marchofdimes.org/pregnancy/your-body-after-baby-the-first-6-weeks.aspx> [Accessed November 2016] MedlinePlus (ADAM). 2014. Losing weight after pregnancy.

<https://medlineplus.gov/ency/patientinstructions/000586.htm> [Accessed November 2016] USDA. 2016. Weight loss while breastfeeding.

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### **The Best 76 Baby Still Losing Weight Breastfeeding**

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