



Caring for Yourself



Vaginal Bleeding

When will I get my period again?

- It usually takes 1-4 months for your body to be ready to have your period again.
- If you're breastfeeding, it may take longer, 4-6 months to get your period. Once you stop breastfeeding, your period may return in 1-3 months.
- Do not use tampons within the first 6 weeks after having your baby.
- Women should be reminded that breastfeeding is not an effective means of contraception. If you breastfeed 6 or more times a day it may protect you, however you could get pregnant before your 1st period returns.