

Weaning Tips

Tips for daytime weaning: These tips tend to work best for daytime breastfeeding.

Don't offer, don't refuse

- Breastfeed your child when they ask. Don't offer when they don't ask. This simple method may help speed up the weaning process when used with other tips.

Change daily routines

- Instead of heading home after picking your child up from daycare, go to the grocery store or somewhere else. Try to avoid the "nursing chair" or other places in your home where you would normally breastfeed your child at the times they usually would ask to be fed.

Get help from other family and household members

- If you usually breastfeed your child right when they wake up, try getting up before them. Let your partner or someone else do all the morning routine.

Offer activities or distractions in place of breastfeeding

- Be prepared for when your child might want to breastfeed. Try offering them a snack or drink at that time. Take them to their favorite place during that time. Use other distractions, such as reading, bike rides, visits from friends, a new toy, or singing to your child.

Shorten the amount of time you breastfeed

- See if your child accepts a postponed feeding. Tell them that they will be done when you are finished singing a certain song. Counting to 20 may also help with this transition. If your child doesn't understand the concept of waiting or of time, this may not be helpful.



Tips for sleep time weaning: Weaning your child off of breastfeeding at nap or bedtime is often the last to go and can be harder to do. Staying close to your little one to allow for quick attention before they are fully awake can help.

Move your child into their own bed

- If your child is sleeping with you, try moving them to their own bed or into bed with an older sibling. However, if your child resists the move, they might want to breastfeed more to feel closer to you.

Get help from others

- Let other family members help by taking over sleep time routines.

Offer a drink of water or a snack

- You can offer them water or snacks if they seem hungry or thirsty.

Offer cuddles, hugs, singing, and music

- Replace breastfeeding with these activities at night or for naptime.

Make a bedtime routine that is not centered around breastfeeding

- A good book will become more important than a long session at the breast. Your child may agree to rest their head on your breast instead of feeding. Talk to you child about what's going on ahead of time if you can

Breast engorgement, plugged ducts, and mastitis are common during this period. For relief, try:

- Using hot packs to soften engorged breasts.
- Hand express for comfort.
- Pump just enough for comfort rather than emptying the breast.
- Use cold packs (or cabbage leaves!) to decrease milk supply.

Talk to your CHN nutritionist if you have more questions!

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