

When Do I Postpone Weaning?

* Baby or mother is sick or hospitalized
* Family is traveling, during holiday periods or other period of unusual stress
* Baby is teething or mother has mastitis
* Baby is in a growth spurt
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### **When Do I Postpone Weaning?**

* It means you decide when the right time is to wean
* Drop one breastfeeding or pumping session per week and replace it with a formula feeding or solid foods.
* This is a slow gentle way for your baby to transfer to other feeding methods and you will reduce your milk supply.
* You may accelerate the schedule by dropping 1 feed every 2-3 days. If you become engorged, use ice to breast at the end of feedings

### **What is Baby-Led Weaning?**

* It means your baby loses interest and weans himself or herself
* This may happen around 6-9 months as your baby becomes more active
* Follow your baby’s lead
* Don’t offer but Don’t refuse:
* Do not offer a breastfeeding , but breastfeed whenever your baby “asks.” Offer formula or solid foods at regular feeding times

### **What is Mother-Led Weaning?**

* You may have a sense of loss and sadness
* You may hand express or use a pump when uncomfortably full
* Call provider with fever, red, tender areas that don’t go away
* Sage, Parsley or Peppermint may decrease supply

 News from Kathy Gauthier, CNM, IBCLC February 2017

What is Mother-Led

Weaning?

What is

Baby-led

Weaning?

Tips During Weaning

The Mother’s Monthly

# *Weaning Your Breastfeeding Baby*

# *American Academy of Pediatrics recommends exclusive breastfeeding for 6 months ,begin adding solid foods, but continue to breastfeed for at least 1 year oaonger*