



Ready to **WEAN?**

Weaning a Baby Under 1 Year

1 Drop one nursing or pumping session every few days and replace with a bottle or cup feeding.

This will allow time for your milk supply to slowly decrease. Gradual weaning over the course of weeks will help prevent potential issues such as engorgement, plugged ducts, or mastitis.

2 Try a cold compress and cabbage leaves to ease breast pain or fullness.

You may also try hand expression but be careful not to empty your breasts too much. Removing milk signals your body to continue making milk.

3 While not ideal, if you need to speed the weaning process, ask your health care provider about taking a medication that may assist with decreasing milk supply.

4 Spend lots of time holding and cuddling your baby.

This can help ease the transition from breastfeeding to bottle or cup feeding.

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Ready to **WEAN?**

Weaning a Toddler

Don't offer. Don't refuse.



If your toddler wants to breastfeed, don't refuse them, but don't offer if they don't ask.

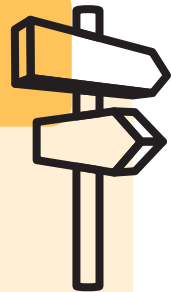
Delay the nursing session.



Try saying: **"Not right now.
We can nurse later."**

Many times, they will get busy doing something else and forget they asked.

Distract your toddler when they ask to nurse.



Offer a snack, playtime, or reading a book instead. This technique can also be used along with the delay technique.

Drop one nursing session every few days.



In place of nursing, offer a drink or a snack and try to plan an outing or activity during this time so your toddler will be less likely to ask to nurse.

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