

TYPES OF WEANING

All moms and babies are different. Wean the way that works best for you and your baby:

- **Baby-Led:** Baby slowly moves from breast-milk to more solid foods and decides how much to eat through self feeding. The baby also decides when he is ready to fully wean.
- **Mother-Led:** Mom slowly removes one or several breastfeeding times and replaces with feedings of other foods or formula. The baby decides how much she will eat, but mom decides if the baby gets breastmilk, other milk, or solid foods. Mom decides when to fully wean.
- **Partial:** Mom continues to breastfeed when with baby and slowly replaces some breast-feeding times with other milk feedings or solid foods when away from baby. Moms who work, go to school, or have busy schedules may choose to partial wean to continue some breastfeeding benefits.
- **Temporary:** Mom stops feeding at the breast for a short period of time while taking an unsafe breastfeeding medication, having surgery, or medical testing done. The baby gets other milk and or solid food during this time. Mom keeps her milk supply up by pumping often and throwing away milk if unsafe for baby.
- **Emergency:** Mom completely stops all breastfeeding over a short period of time. This may be needed due to an emergency situation or sudden medical condition. Emergency weaning can be stressful for both mom and baby.

* Please note: if weaning occurs before child's first birthday, iron-fortified formula should be offered in place of breast milk until one year old.

If you're not 100% sure about weaning, the time might not be right. Call your breastfeeding support person!

Breastfeeding Help:

Anoka County WIC:

763-324-4230

Anoka County Public Health Nurse:

763-324-4240

LaLeche League:

1-877-452-5324

National Women's Health

Breastfeeding Helpline:

1-800-994-9662

Mercy Hospital Breastfeeding Warmline:

763-236-7430



Breastfeeding and Weaning

This institution is an equal opportunity provider.

WHEN SHOULD I WEAN MY BABY?

There is no set time to wean. Benefits of breastfeeding continue for you and your baby during your entire time breastfeeding and beyond. Health professionals recommend breastfeeding until your baby is at least 1 year old, and then continuing until you and your baby are ready to stop.

REASONS TO WEAN?

- Mom is ready to wean
- Child is past one year old AND is ready:
 - ◆ Eats a variety of foods
 - ◆ Is comforted in ways other than nursing
 - ◆ Would rather play than nurse
 - ◆ Falls asleep without nursing
 - ◆ Easily distracted with other activities

COMMON CONCERNS

NO NEED TO WEAN

- ◇ Baby starts teething
- ◇ Baby is over 1 year old
- ◇ Social pressure
- ◇ Going back to work or school
- ◇ Nursing strike
- ◇ Feeling overwhelmed
- ◇ Common cold and/or other illness

Keep breastfeeding!

Contact your WIC clinic or other breastfeeding support person for help.



STEPS TO FULLY WEAN

Babies birth to 6 months:

- Replace one breastfeeding with one formula feeding
- Continue replacing another breastfeeding with a formula feeding every 4-5 days until nursing at the breast has stopped
- Give iron-fortified formula by bottle until 1 year old

Babies 7 to 12 months:

- Replace one breastfeeding with formula by cup
- Continue replacing another breastfeeding with formula by cup every 4-5 days until nursing at the breast has stopped
- Gradually introduce solid foods
- Give iron-fortified formula by cup until 1st birthday

Babies over 12 months:

- Choose a time when baby is not sick
- Stop the least favorite nursing time first and replace with small amount of whole milk or water by cup (or playtime, story time, or cuddle time)
- Every 4-5 days replace another feeding until all nursing has stopped.
- Offer 3 meals and 2-3 healthy snacks/day
- Gives lots of love and attention

AFTER WEANING...

- ◇ Your period may return before, during, or after weaning
- ◇ You may gain weight (or lose weight)
- ◇ Your breasts may change in size, shape, and feel
- ◇ You may continue to make small amounts of milk for many months
- ◇ Hormone changes may make you feel emotional
- ◇ If you feel very sad or depressed talk to your doctor

Tips for Mom

- ✓ Wean slowly over a month or more
- ✓ Pump or hand-express just enough milk to relieve breast fullness/discomfort
- ✓ Remove less and less milk each day
- ✓ Cover breasts with icepacks or cabbage leaves for a few minutes when feeling too full
- ✓ Wear a supportive bra that is not too tight
- ✓ Call your doctor if you see redness on your breast, feel sick, or get a fever