

Weaning Off Breast Feedings

Weaning off breast feeding is usually not necessary for the child's benefit. However, a gradual reduction in the amount of stimulation to the breasts will hopefully minimize the mother's discomfort.

Start by feeding your child 1oz of milk before each breast feeding. Every 3 days, increase the amount of milk by 1oz.

For example:

Days 1 - 3	1oz
Days 4 -6	2oz
Days 7 - 9	3oz

** milk = formula until 1 year of age and the appropriate type of cow's milk after that age **

Continue increasing the amount of milk before each breast feeding until you have weaned your child completely from the breast.

This schedule can be done faster or slower depending on your child's response and your goals as a parent.

We encourage you to call us during business hours if you have any questions or experience any difficulties.