

Weaning Off A Night Time Bottle

Feedings during the middle of the night are not harmful for your child, but they can be disruptive to the functioning of the family and, in most cases, are not medically necessary after about 4 months of age.

If you desire to eliminate feedings during the night, follow the schedule below for every feeding after 10PM and before 6AM.

Days 1 - 4	3/4 strength milk (e.g. 6oz milk, 2oz water)
Days 5 - 8	1/2 strength milk (e.g. 4oz milk, 4oz water)
Days 9 - 12	1/4 strength milk (e.g. 2oz milk, 6oz water)
Days 13 - 16	1/8 strength milk (e.g. 1oz milk, 7oz water)

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

Starting on day 17, decrease the amount of water in each bottle by one ounce (1oz) every 2 days.

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

By following this regimen, the night time calories will be gradually shifted to the day time hours. Therefore, by the end of the program, the only reason your child is waking up is out of habit. At that point, you should not go into the bedroom during the night unless a special situation arises such as illness or your child throws-up. We all wake-up several times per night, but we have learned to put ourselves back to sleep. By avoiding reinforcing the habit of night time feedings/comforting, your child will be able to teach themselves how to fall asleep without outside influences.

This protocol will probably need to be repeated occasionally such as when your child's schedule becomes disrupted with an illness.

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