**Weaning From Breastfeeding**

**Signs of weaning, readiness:**  the baby is showing disinterest by being easily distracted, going for longer periods between breast feedings, refusing the breast, or perhaps accepting a drink or a snack as a substitute.

* Eliminate the least desirable feeding first, allowing at least 2 days for your body and your breasts to adjust to the drop in feeding. The last feedings that are dropped should be the early morning and the late night feedings.
* Substituted the feeding with cuddling, a snack, a drink from a sippy cup, or other activities like singing or going outside.
* As mother and baby adjust to each new substitution she can proceed to drop another feed. Continuing in this manner for several weeks or months.
* Weaning too quickly can cause baby to have an upset stomach, or constipation. The child may react by wanting to feed more frequently for more attention
* Mother may experience painful breast for a period of time: use ice packs, cabbage leaves, and/or pain relievers.
* Some mothers may continue to secrete milk for several months after weaning

**Cornerstone Lactation Services**

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