




# TIPS ON WEANING

- Sometimes babies want their bottles for comfort, and not for hunger. To help your baby feel more secure:
  - Read them a story
  - Give lots of hugs
  - Offer a favorite toy or blanket
  - Hold or cuddle them
  - Set a bedtime routine that includes some or all of the above
- Keep your baby on breastmilk or iron fortified formula until twelve months of age, even if they drink from a cup. Then use whole milk until the child is two.
- Use a cup without a spout with handles that fit into the baby's hands.
- Use a cup with a curved edge to make drinking easier.
- Begin by letting your baby take small sips of breastmilk/formula or juice from the cup.
- Drink from a cup along with your baby, to teach them how.

- All babies spill when learning to use a cup. Learn to have extra patience while your baby learns new skills.
- Weaning is easier if the baby has never been put to bed with a bottle.
- Start weaning when baby is well. If the baby becomes ill during the weaning process, retreat a little.
- Expect the baby to take less breastmilk or formula during the weaning process.
- If having a hard time getting the bottle away, try using only water in the bottle.

My goal is to wean my baby by:



# STEPS TO INFANT FEEDING WEANING



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DEPARTMENT OF HEALTH



Weaning, taking away the breast or bottle and teaching baby to use the cup, is a gradual process that requires a baby to learn new skills. Some babies learn to drink from a cup easier than others. Begin the weaning process at four to six months of age when the baby is ready to start solids.

## WHY WEAN

Breaking the bottle habit helps keep baby healthy.

### Prevent Low Iron Blood

Your baby will take more solid foods which are richer in iron if they are not filling up on breastmilk, formula or milk. This will help to prevent low iron in the blood which sometimes occurs during times of rapid growth.



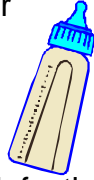
### Keep your baby's smile healthy!

Intake of liquids from the bottle for too long a time allows for the constant flow of milk or other liquids over the teeth which can lead to bad teeth (baby bottle tooth

decay). Fluids from the bottle stay on the teeth longer than fluids from a cup. Almost all fluids have sugar in them, except plain water. It is the sugar that is bad for the teeth.

### Prevent ear infections

Drinking from the bottle while lying down can lead to more ear infections. It causes the liquids to go to the back of the throat. This is very close to the inside of the ear, and may be how ear infections start. While weaning, set baby up to give a bottle. **Make sure the baby does not go to sleep with the bottle.**



### Prevent overweight

Weight may become a problem if a child is still drinking from a bottle after their first birthday. An overweight child is not always a healthy child. A child may get more calories than they need if they are drinking too much fluid from a bottle and not eating enough solid food. Too many calories mean too much weight. A one year old child needs:

- 16 ounces of milk per day from a cup
- 1/3 cup of 100% fruit juice per day from a cup



### Promote baby's independence

Drinking from a cup like other family members gives baby a sense of independence.



I feel the most important reason to wean my baby is:

## WHEN TO WEAN

### **BREASTFEEDING:**

- When to begin weaning from the breast is up to each mother and baby.
- Gradual weaning from breastfeeding over time allows:
  - More comfort for mom
  - Baby to adjust to change in taste
  - Baby to adjust to using a cup or bottle.
- The first breastfeeding to replace is the one the baby wants the least or when the breasts do not feel full.
- Slowly stop other breastfeedings' until down to once a day and then skip one day in between until done.

- The toddler should be eating meals rather than breastfeeding at mealtime. Breastfeeding morning, night and for snacks is good for milk intake, but breastfeeding should not keep the baby from learning new skills or from eating meals.

### **BOTTLE FEEDING**

- Wean babies off the bottle and onto a cup by about 12 months old.
- Start weaning with the daytime bottle. The morning and before bedtime bottles are often the hardest to give up.
- Start the cup in place of the bottle at the feeding the baby wants the least or at mealtimes when other family members are drinking from a cup.
- Slowly cut down on the number of bottles. At the same time increase the number of cups your baby drinks each day.

Two things I will try to help wean my baby are:

- 1.
- 2.