

When Your Toddler Stops Breastfeeding

Breastfeeding is recommended for up to 2 years – or longer if you and your child want to continue. But if you decide to wean your toddler before she naturally stops breastfeeding:

- ✓ **Start when no other major changes – like going back to work – are happening** in your family. This way, you won't add stress to an already difficult situation.
- ✓ **Offer extra comfort and cuddles** to ensure that your toddler is getting as much attention and love as before.
- ✓ **Go slowly.** Weaning gradually gives you time to adjust physically, helping you avoid sore breasts. It also lets you and your toddler adjust emotionally, helping you get used to new routines and find new ways of feeling close.

- 1. To start**, replace one of your daily breastfeedings with expressed milk offered in an open cup. Before 9 months, you could use store-bought infant formula instead; after 9 months, you could use whole (3.25%) cow's milk. You can also replace a feed with solid food.
- 2. Every 5 to 7 days** (or once you and your baby are comfortable), replace another feed.
- 3. Finally**, replace the last remaining breastfeeding. Save the feeding that provides the most comfort (usually the first one in the morning or the one at bedtime) for last.



DID YOU KNOW

As your child learns to feed herself solid foods, she'll naturally begin to wean herself at her own pace.



KEY TAKEAWAY

Weaning is a personal and important time for you and your child. Do what works best for you both.



PARTNERS

What You Can Do

When your toddler is down to one breastfeeding per day, take over that last feeding time. Your child may find it easier to take expressed milk or infant formula from you rather than from the parent who has been breastfeeding her.

