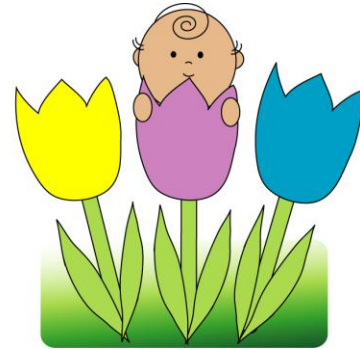


10 Steps to Weaning

Start early to make weaning easy for your baby:

- 1** Breastfeed your baby -
If your baby is breastfed until he is ready to drink from a cup, you never have to worry about weaning him from the bottle.
- 2** Do not put your baby to bed with a bottle - This is a hard habit to break. Always feed your baby from the bottle, burp and put your baby in his crib without a bottle.
- 3** Only put formula, breastmilk or water in a bottle.
- 4** Put juice in a cup.
Don't put juice in a bottle.
- 5** No sweet drinks for baby -
Never put sweet drinks such as soda or fruit drinks in a bottle
- 6** Offer a small plastic cup to your baby when is 6 to 8 months old. Hold the cup for your baby. Let your baby take small sips out of the cup.



- 7** Let your older baby practice drinking from a cup at meals and snacks. Offer a small amount of formula, breastmilk, juice or water in a cup after eating solid foods.
- 8** Use the bottle only for feeding - Don't let your baby or toddler carry a bottle around the house when he starts to crawl or walk. A bottle is not a toy or pacifier.
- 9** Use sippy cups in the kitchen – Practice with sippy cups at meals and snacks.
- 10** Wean your baby from the bottle when he is 12 months old. Offer whole milk in the cup. Stop using the bottle.



No Biting

Some mothers think they will stop breastfeeding when their baby gets teeth.

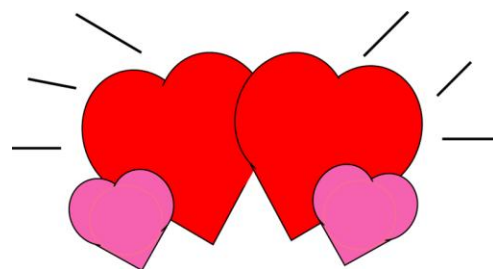
Your baby can breastfeed with teeth.

Your baby's tongue covers his lower teeth when he is eating.

Most biting happens at the end of a feeding when your baby may be playing.

Help your baby learn how to not bite:

- ♥ Say "no" firmly and stop the feeding if he bites. Do not try to pull your baby off your breast. He may clamp down on your nipple. Slip your finger between his gums. Or pull your baby closely into your breast. He will then let go of your nipple.
- ♥ Wait 10 to 15 minutes before you offer breastfeeding or other food to your baby. Your baby will learn that there won't be any food if he bites.
- ♥ Offer a teething ring to your baby. Tell your baby that 'this is for biting'.
- ♥ Be positive when you breastfeed your baby. Give smiles, hugs and kisses when your baby gently latches on and lets go of your nipple. Say 'good baby' when your baby is gentle.
- ♥ Stop breastfeeding when your baby loses interest and stops sucking.
- ♥ Be patient. An older baby will understand while a younger baby may not. It may take time for your baby to learn.



How long should I breastfeed my baby?

The American Academy of Pediatrics recommends that most full term babies should be breastfed for at least 12 months.

Maybe you don't think you want to breastfeed for 12 months. That can be okay.

Any amount of breastfeeding is good for your baby and you.

Some mothers think they will stop breastfeeding after 3 to 6 months.

The first couple months can sometimes be the hardest.

Keep an open mind about breastfeeding.

Don't become discouraged if there are difficult days – breastfeeding is worth it!

With time and practice, breastfeeding is easy.

Your baby will be a baby only once.

Enjoy your baby!

Enjoy breastfeeding!



Your baby loves you and does not want to hurt you.