



# Weaning *notebook*

To wean baby gently off the breast, **progressively** replace a feed with a bottle. As the notebook indicates, you should start with the less important feeds in the **middle of the day** (as they are often less rich in milk).

Replace the **morning feed last**, as this is often the one that baby likes best!

	Morning meal	10 AM meal	2 PM meal	4 PM meal	Evening meal
1 <sup>st</sup> week					
2 <sup>nd</sup> week					
3 <sup>rd</sup> week					
4 <sup>th</sup> week					
5 <sup>th</sup> week					



Despite weaning, you will still have milk coming in for quite some time. **Ideally, you should express just enough milk for you to feel more comfortable, but not enough to stimulate milk production.**

If you continue to feel discomfort, regularly massage your breasts and apply cold compresses to the painful areas.