Gentle Toddler Weaning

Don't Offer, Don't Refuse
Often the first step to weaning.

Change Routines
Get up promptly for breakfast, change bedtime routine, or avoid sitting in nursing spots.

Offer Alternatives
A snack, drink, book, or fun activity can distract a child from nursing.

Postpone
"Wait until we go home."
"We can in a few minutes."
"Let's nurse after lunch."

Shorten Sessions
Limit the length of nursing sessions by counting, singing, or using a timer.

Out of Sight
If breasts are covered and harder to access, they may seem less tempting.

Talk It Out
Depending on age, a conversation may be the best route.