



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.