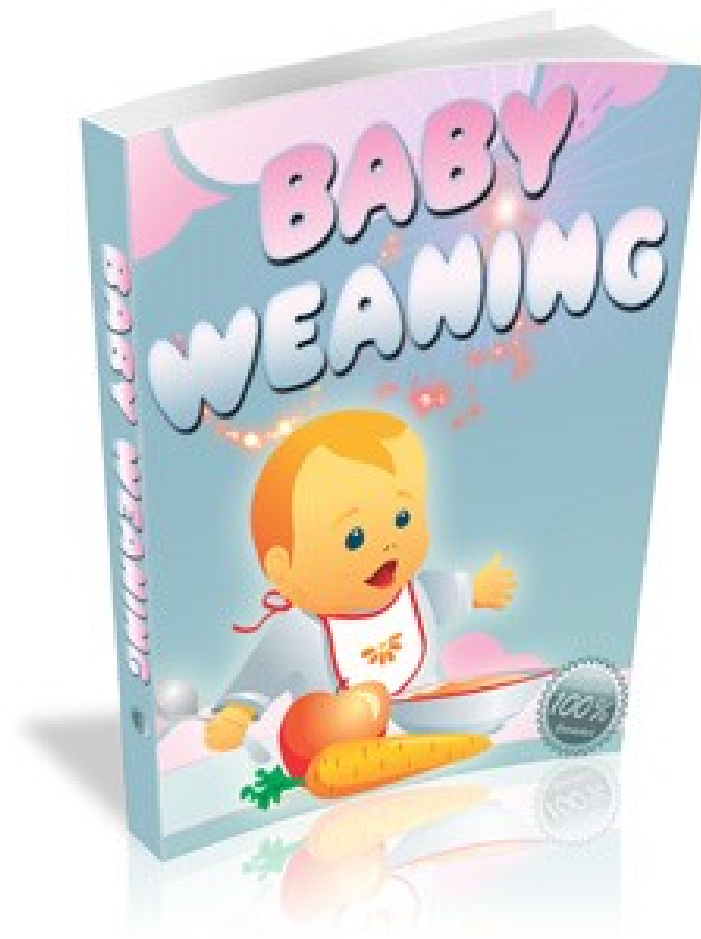


Baby Weaning



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When To Wean Your Baby

When should you wean your baby? There are many different theories on this process and it can be one of the most often asked questions to a paediatrician. Even they may not be able to tell you when the process should be started. The fact is, many mothers need a specific guideline that tells them when they should just stop. There is not one of those guidelines available. The fact is, it takes a great deal of time to make this baby weaning process happen and no one can tell you when to stop breastfeeding.

In the United States, it is estimated that only about 20 percent of babies are still nursing at six months of age. This is a very low number. When you compare this to most other nations, you may find that the differences are quite striking. For example, in most European, Asian and African cultures, babies will breastfeed until they are between two and four years of age. Many of the mothers in these countries would see stopping breastfeeding so young as is done in the United States by most mothers to be very wrong.

Why should you keep going or why should you stop? There is no evidence that there is any harm to a child that is breastfed longer. There are many benefits to breastfeeding longer, though. You will find that the child is getting the nutrition they need. You will also see that even if you breastfeed your child just one time a day there is a benefit in this. Culturally people in the United States have put a black mark on the process of breastfeeding past a few months but this does not have to be the case.

As a parent, keep in mind why you chose to breastfeed in the first place. The nutrition is ideal for the child. The bond that forms between you and the baby is incredibly strong. Most importantly, you have developed a child that has come to see breastfeeding as a process that keeps them comfortable and secure.

The process of baby weaning is one there is no time limit on. Consider what is right for your child individually rather than looking for a goal outside of this. Ultimately, you should encourage your child to make the decision by watching to see what he or she needs rather than going with what your friend has told you is appropriate for them.

Resources For Baby Weaning

When it comes to weaning a baby from breastfeeding, everyone has an opinion. You will find women without any experience giving advice on how long a baby should breastfeed. You may even find that everyone you know has a different opinion as to when the baby should stop breastfeeding. While this is common, it is important to note that it is highly necessary to make this decision for yourself, based on what your baby and what you need from the process. However, where can you turn to for a good amount of help?

First of all, one of the best locations to get help from is your paediatrician. Your paediatrician should be someone that you trust with your child's health and if you do not, you should be looking for another professional to help you in that area. The fact is, you need to have a good idea of what your child needs at this point in time, no matter how old they are. Talk with your doctor about your child and breastfeeding. Since babies do see their doctors often, this is a question you can talk about whenever you feel it is appropriate. The American Academy of Paediatrics recommends that babies are breastfeed until they are at least one year old. Nevertheless, that does not mean your doctor will recommend this.

Besides your paediatrician, who knows the health and well being of your child, there are many other places to get information and advice on breastfeeding. You may wish to stay away from those who are may not have an opinion that is based on facts. For example, if a friend who has never breastfeed has an opinion, it is not coming from experience. Avoid these and instead talk to someone that has breastfeed and find out how they worked through the process. You can find a variety of great support groups available online, too. This can be a fantastic resource for mothers who want unbiased opinions on when they should consider baby weaning. Keep in mind that it is still your decision to make.

Baby weaning is a process that is not just defined by when you should stop breastfeeding but also how to do so. It can take a great deal of time to make the process happen but if that is necessary then allow it to happen. You will find the process more enjoyable and beneficial after you have gathered facts and information from trusted sources.

3 Misconceptions About Baby Weaning

Baby weaning is a process in which a child stops breastfeeding from their mother and moves to eating nothing but solid foods or a bottle. This process is eventual, and there is no set time table for when it should happen. This is especially true since most babies simply have to make up their mind on their own. Each is unique. Their needs both physically and emotionally are different. Since breastfeeding is much more than feedings, it is important to consider all sides of the process. When it comes to baby weaning, there are often many misconceptions. Here are three to keep in mind.

#1: 6 Months Is Time

One of the worst mistakes you can make is to assume that your child has to be breastfeeding weaned by the time they are six months. In fact, the American Academy of Paediatrics recommends that mothers continue to breastfeed their children until at least the age of one year old. Around the world, stopping breastfeeding prior to a child's second birthday is strange. It is really a decision that the child needs to make. Are they ready for the change? If not, they will let you know. It is impossible to force a child to breastfeed.

#2: Mothers Keep Children Breastfeeding Too Long

The fact is, there is no reason to stop breastfeeding early. Many children would like to remain breastfeeding for one reason or another and should be allowed to do so. They should be put onto solid foods by the age of six months, but they can supplement this with breastfeeding for several more years without a problem. Breast milk is highly nutritious throughout a child's first years. It can help protect their immune system and allows the body to develop properly.

#3: Breastfeeding Weaning Is Too Hard

The process of weaning a child from the breast is one that does take time. The amount of time it takes really depends on the child. If a child is reluctant to stop breastfeeding, there is likely a reason why this is happening. In this case, talk with the child's paediatrician and be sure to work with the child to understand why.

In many situations, people have misconception of why mothers choose to breastfeed for longer than one year. The bottom line is that there is nothing wrong with the process. It does not affect the development of a child negatively, but does foster a strong immune system.

3 Ways To Start Baby Weaning

You have decided that your child needs to be weaned. Now what? There are many different approaches to weaning your baby off of breast milk. You can consider all of them viable options, so long as they do work for you. Not everything will though. Your first order of business is to make sure your child is ready. To do this, make sure they are old enough and getting enough calories from the food they are taking in. If so, consider these three methods.

#1: Skipping A Feeding

Perhaps the simplest of methods is to simply skip a feeding. Just do not do a breastfeeding and see how your child reacts. Instead of breastfeeding, give them a cup of breast milk or formula. This is perhaps one of the best ways since you will only drop a feeding once every week or so. Over the next few weeks, not only will the child adapt to the no more breastfeeding, but also so will your body.

#2: Older Children Can Postpone

If your child is old enough to talk with, distract them during the times when you would normally breastfeed them. Instead of actually going to sit and breastfeed, take the child outdoors for a walk at that time. This way, the child has something to occupy his time. If she does ask for breastfeeding, let them you will do that later. Distract them from it.

#3: Shorten Time

The final method of weaning allows for the breastfeeding mother to simply shorten the amount of time that the child is nursing. Be sure the child is getting all of the food he or she needs from another source, such as a healthy snack. Then, slowly cut back on the amount of time they are breastfeeding. Go from five minutes down to three minutes, down to two and so on. Feedings should dwindle. If you do this with a child that is under six months of age, it is important to switch to a bottle feeding schedule so that no nutrients are lacked.

These three methods are only three options. There are plenty of other methods out there, too. The goal you should have is weaning your baby slowly so that there is no sudden stopping which can affect them emotionally. When you accomplish this, you and the child will be on a path to improving their ability to stop breastfeeding and your ability to stop worrying about it.

7 Tips To Make Weaning Easier

The weaning process can be difficult and it can often leave both mother and child wishing for a few more months (or longer) of the process. Once the time has come to wean your child from breastfeeding, it can be wonderful. If you invest the time in making it a good step in the right direction, everyone will benefit from it. Here are some tips to help you to make weaning easier.

1. When you would usually be nursing, introduce your child to something that is fun or new to them. Better yet, take them outside to play during this time. They will not even think about breastfeeding if you occupy them enough during this time.
2. Don't wear the clothing that you normally wear when nursing. This keeps this signal to breastfeed off his mind. Instead of sitting in your normal nursing spot, choose other places in the room to sit. Again, it breaks the connection.
3. For children that are under a year old, you will likely be replacing a breastfeeding session with a bottle or sometimes a cup. Do so when you would normally be feeding the child. This allows the child to correlate the process of breastfeeding with the bottle.
4. For children that are older than one year old, you will need to be a bit more creative in choosing something to fill this time. Instead of breastfeeding, encourage a healthy snack to them. You may want to encourage a healthy juice instead. You may want to skip the food altogether and just plan some time to cuddle together.
5. Make sure there are distractions when normal breastfeeding times are. Dad can help out here. Encourage dad to spend time doing something fun with the child during this time.

6. Don't wean them while they are teething or whenever there is another change happening in their lives. You do not want them to be emotionally scarred by the event! Allow them to adapt to other changes first then introduce the weaning process.
7. Notice that your child may pick up another soothing habit, such as sucking a thumb or holding on to a blanket. This should be okay and not discouraged since they are simply looking for the security from it. Allow them to make the emotional break like this.

Encouraging breastfeeding during any of these instances shouldn't be done. By taking these steps, you can safely help your child to transition away from the breastfeeding.

Allowing Your Child To Naturally Wean

According to the American Academy of Paediatrics recommends that baby's are not forced to wean at all. They also recommend that a mother breastfeeds for at least a full year. The World Health Organization has a different view. There, they encourage children to be breastfeed until they are two years old. Still, there is no limit to when you have to stop and there is absolutely no reason to do so before the child is ready to do so. You should allow your child to wean off breastfeeding when it is natural for them to do so.

Allow your child to make the decision when to breastfeed. Most babies will stop breastfeeding between the ages of 12 months and 18 months but others may take a little longer to be ready to do so. What are some of the benefits of this natural process? Keep these in mind.

- If the baby makes the move to more solid foods and is okay with missing their breastfeeding session, allow it. This shows that they are confident and no longer need the security of your breast to allow the process of feeding to happen.
- Allow your child to breastfeed longer and you can skip the bottle need altogether. Many children go from breastfeeding directly to drinking fluids out of a cup. They do not need to spend countless nights struggling with a bottle then. You get to skip the cost of the bottles too.
- Allow our child to determine when to stop breastfeeding and you do not go through the withdrawal of the process. As they naturally replace their meals from the breast with meals from the table, they will get used to the process. So will you. Many mothers struggle with this process because it can be highly limiting to know that your child is no longer breastfeeding.

Take the process one step at a time. They may be peaked by a new taste for breakfast and may feel better about eating what their brother or sister is. Most children can breastfeed well past the age of one without a problem. When you allow them to naturally stop breastfeeding, you both come out as winners. They avoid many of the risks children who are fed face. Plus, they are more comfortable with the transition if they are part of the move to stop breastfeeding. You may find that this enables you to be more readily willing to stop, too.

When Is Too Old For Breastfeeding?

There are many views on the topic of breastfeeding in terms of when you should stop it. Ultimately, this is a decision that should be made by you and your child, but there comes a time when every child has to make that break from breastfeeding and start focusing on a more adult based diet. The question is when. There are several things to keep in mind when allowing your child to keep breastfeeding beyond the age of one. In the United States, this is considered normal, but in most other countries, children up to the age of four will breastfeed. Keeping this in mind, you will need to make some plans and adjustments.

What To Do Now

If your child is not yet ready to stop breastfeeding, there is no reason to stop them from doing so, assuming they are under the age of four. During this time, though, you will want to move away from the constant breastfeeding and use it more as a once in a while treat. It is essential to keep in mind that a child at the age of six months should be starting to eat solid food. Health wise, they need to be consuming solid food in stages starting at six months. After this time, most of their calories should be coming from their food, not from breastfeeding. This also allows them to not need to constantly nurse to sustain themselves.

During this time, it can also be appropriate to give your child breast milk. They do not need to breastfeed to get this milk, though. You can place it in their cereal and other foods. They can also drink it in a cup. It is appropriate to do this up through preschool, if you feel it is important to do so. They should not be relying on breast milk for calories though.

Eventually, you will need to make the break from breastfeeding totally. It is often important to keep in mind that children can breastfeed too long. Those that do may have a higher reluctance to ever stop. Rather than allowing this, a mother needs to make sure that the child is emotionally stable and completely well fed outside of breastfeeding. Be sure to consult with your paediatrician if you feel that your child is struggling with any aspect of weaning or if you are unsure how to approach the process with your child.

Baby Weaning: Incorporate Cuddle Time

Baby weaning is the process to enabling a baby to stop breastfeeding and instead to work towards eating either from a bottle, if the child is younger, or drinking from a cup and eating solid foods. The time frame for doing this is really up to the mother and the child as natural baby weaning should always be the parent's goal. Yet, when the time comes to start working towards weaning, you may want to consider why the child is resisting. It may be they are hungry and that means adjusting their meals to incorporate more calories. For many other children the need to breastfeed is not about eating, but instead is about time together with mom.

There is a lot of bonding that happens between a mother and her child during the breastfeeding experience. This bond is what enables the child to be comfortable and feel secure as he is young and as he develops. Eventually, there will come a time when the child needs to stop breastfeeding, but a problem can happen where the child is less willing to do so because they are craving and in fact need this intimate time with their parents. The good news is that you can help them through this process successfully.

It is necessary to consider baby weaning in terms of emotional strength. Encouraging babies to wean often means still giving them that close bonding time they need. Only mom will do in many situations, but dads should feel like part of the process. For example, since the child needs that close proximity, it may be a good idea to spend some time each day cuddling rather than nursing. For example, perhaps your child nurses each day at 11 am. You have fed them solid foods and are now sitting down to spend some time watching a favourite television show. Cuddle with them at this time. They have a full tummy and just need the feeling of security that usually accompanies breastfeeding. With some cuddle time, though, they can stop the breastfeeding without losing that needed security.

As you can see, the process of breastfeeding is one that incorporates a wide range of different things. You will need to meet the child's physical needs of eating enough calories. But, you also have to take into consideration the child's need for security and comfort. When you can meet both of these needs, everyone involved will be in a better place.

Baby Weaning One Meal At A Time

There are many ways to encourage baby weaning to happen. There comes a time when you need to make the first move, though. If it is time to consider baby weaning, you may want to do the process one step at a time. More appropriately, you want to do the process one meal at a time. Doing so can help you and your child to do well in terms of managing the process. If you are ready to start weaning, consider the one meal at a time approach to doing so.

Pick A Meal

The first step is to choose a specific meal to start with. Choose a meal you are not rushed at and one that you are most comfortable with giving up first. There is no specific requirement as to what meal to work with. The goal is just to choose one that works best for you. Once you know which one it will be, stop breastfeeding at this meal. Instead, incorporate a healthy solid food meal for the child. Depending on the age of the child, you may need to work through the steps of giving a baby solid food including choosing cereals first and then vegetables and fruits, and so on. If the child is already eating solid foods, you will just replace one of his or her meals at the breast with solid foods.

Next Up

Keep at this for at least a week. You do not want to cut the child off from breastfeeding too quickly as this can cause the child to face a number of different feelings, including emotional loss. Instead, each day for the next week, feed the child that same meal in solid foods. Do not sit in the same location you have sat for breastfeeding, too

Once this has been successful for a full week, you can make the transition to the next meal. Pick the next normal breastfeeding and skip it by replacing it with a healthy meal for the child. Again, it does not matter which meal it is, so much as it matters how you go through the process. You are simply replacing a second meal at the breast with a meal at the table.

Continue to do this, allowing a full week between each change. You will find some resistance long the way, but in most cases, the process will be successful. Take your time and work at a pace appropriate for you and baby.

Benefits of Extended Breastfeeding

For those mothers who are unsure of whether they should go through the process of baby weaning just yet, consider some of the benefits of extended breastfeeding, or breastfeeding your child past the age of six months. Remember to keep an open mind when it comes to considering when you should wean your baby from breastfeeding. It should be a decision left up to your baby, when he or she is finally comfortable to let go of breastfeeding and instead favours all solid foods.

While not all mothers need to use extended breastfeeding, for some, it seems like what the child wants. There is nothing wrong with feeding your child by breast longer than what is considered average. Rather, consider a few of the benefits of the process instead.

1. Breastfeeding gives you baby the benefits of immune system. In other words, they get the immunological advantages that naturally come from drinking human made mil. As a child is just a few months old, this benefit can help them to remain healthy longer and to fight off many of the

infections young children get. Toddlers are healthier if they breastfeed longer.

2. Many babies feel that breastfeeding is more than a source of food. It is also the place to go when they need comfort from mom. When they are scared, upset about something or simply hurt, this is one of the best ways to aid the child in improving their feelings.
3. You avoid many of the common complications associated with non human milk, especially allergies. Many children can also reap from the rewards of a lower cancer risk from breast feeding for a longer amount of time.

Perhaps the biggest benefit to extended breastfeeding is simply aiding the child in making the decision on his own. There are a lot of misconceptions about the process including that the child will simply become too attached to his mother if he breastfeeds for too long. This is simply not the case. Rather, the child is likely to be healthier and have a stronger bond with their parents. In addition, they get to help make the decision to stop, and they are emotionally and physically ready to do so.

Extended breastfeeding is an option for more parents than realize it. There are few, if any, reasons to stop breastfeeding your child earlier. In fact, you may find that it is much more acceptable to keep at the process a slightly longer amount of time.

Breastfeeding Weaning How To

Are you ready to stop breastfeeding your child? If so, you may be unsure of where to start, or stop the process. Each child is different and it is very important for a parent to make the right decision for their child. To accomplish this, it is very important consider if your child is ready. Here are some steps to follow to help you through baby weaning.

Step 1: Determine If Your Child Is Ready

A child under the age of six months should switch to a formula if they are not breastfeeding any longer. A child that is over six months should be eating some solid food. Once they are eating most of their calories from solid food, you can consider switching them to a cup instead of breastfeeding.

Step 2: Keep Security

As you stop breastfeeding, one normally scheduled meal a week, keep in mind that your child still needs lots of security. Each week, remove one breastfeeding from the schedule. During that time, do things that keep the child occupied but also secure and comfortable. Cuddle together. Spend time playing together. This keeps

them emotionally strong through the event. Be sure that the child is able to let go in this way.

Step 3: Keep It Positive

Each child will be different amount stopping to feed from the breast. Some will ask for it. Others will never think twice about it. It is best to keep the child who is asking distracted so there is no concern about the process. If they ask for it, tell them they can breastfeed later. Right now, you should have something fun for them to do, like going outside to play.

Step 4: Encourage Dad To Participate

Now is a great time for dad to start helping with meals and to start playing with the baby during breastfeeding times. It is often important for dad to get involve in feeding the child solid foods so that they can break from thinking that only mom provides this.

Step 5: Know That Nights Are Toughest

Night breastfeeding, like that prior to bed, is often the most difficult time to break from. Encourage the child to read or just spend time cuddling together. Have a bedtime snack first.

The process should be gradual. Encourage your child to breastfeed if it is needed. But, work towards breaking the habit slowly. You and your child will appreciate the process if you go through it like this.

Dealing With People Who Tell You To Wean

Many families will have a few people within them that encourage a breastfeeding mother to stop breastfeeding. For some reason, they believe that the process should stop before you do and since you are the child's mother, you are not happy about their remarks. After all, do you not know what is best for your child? Many families have this type of situation happening to them. If you are a breastfeeding mom, it can help to have some information and tips to deal with those who tell you to stop breastfeeding.

- Did you know that the American Academy of Paediatricians recommends that children be breastfed at least until the age of 12 months old? There is neither reason nor benefit to stopping prior to this.
- Did you know that the World Health Organization encourages mothers to breastfeed their children until the age of two years old? In fact, in many countries throughout Europe, Asia and Africa, children are breastfed until they are between the ages of two and four years old.

- There is no evidence that a child that is breastfed is any less able to develop. In fact, children who receive the nutrients from breastfed actually develop better and are less prone to illness including everything from infections to cancer.
- Babies should be encouraged to stop breastfeeding only when they are ready to do so. You should not feel like this is something you are doing wrong especially since it is quite common and natural for a mother to breastfeed their child far longer than what many people in the United States do.
- Consider your child's paediatrician the best tool in aiding you in making the decision to stop breastfeeding. They know you and they know your child. They also know your child's health and well being. These are the tools needed to make the right decision about when to stop breastfeeding.

Every child is different. Some children want to stop breastfeeding much earlier. When this is the case, allow them to do so. There is no reason to force it. On the other hand, never allow someone else to tell you when your child should stop being breastfed. The fact is, your child will help you to make this decision naturally. It is most effective and most beneficial for the process to happen naturally so that the child and the mother are both well prepared for it.

Making The Switch From Breast Milk To A Cup

As you start considering stopping to breastfeed your baby, you may be wondering how you will get them to skip the bottle and go straight to the cup. There is really no reason to have to put a breastfeed baby onto a bottle, unless you are stopping them from all breastfeeding before the age of about one. In this case, it may be necessary to consider the need for a bottle for a few months, or until their doctor recommends that, they no longer need a bottle at all.

The first step in making the transition from the breastfeeding to the cup is to start introducing the cup into their day to day lives. For example, when the child is between six months and nine months old, the child may be able to use a sip cup where they are taking in a few ounces of breast milk, juice or water each day. Give this to them throughout the day, to help quench their thirst rather than to feed them. These cups should not interfere with their feedings. If they do, the child is getting too many of them.

For the next few months, keep using the sippy cup. As you introduce more and more solid foods into the child's diet, allow them to stop breastfeeding during the day. Allow them to drink breast milk, if you like, out of a sippy cup throughout the day with their solid food meals. This will depend again on the age of the child, but most children by the age of nine months should be consuming solid foods. Work towards your paediatricians goals here, though. Keep breastfeeding at night, such

as right before bed. This allows for that comfort and security to be available to the child.

As you work towards the end goal, keep allowing the child to naturally wean from the breast. You want to allow this process to work until it is most comfortable for the child to stop breastfeeding. For example, your child may want to stop breastfeeding altogether because he wants to watch a movie with his brother or sister instead of sitting on mom's lap.

When you allow this process to happen as naturally as possible, you will find that it is satisfactory to both you and them. Plus, it allows them to skip having to use a bottle altogether. This process is an excellent benefit for each person involved.

Medical Reasons For Baby Weaning

There are instances when it may become necessary for an individual to stop breastfeeding for medical reasons. For example, if you and your child have been breastfeeding successfully for months, chances are good that the both of you have become very attached to the process. Now, mom needs to take a medication that interferes with the breastfeeding process. What can be done? Before you simply stop breastfeeding all at one time, it may be necessary to work through the process carefully.

Is There Another Option?

If you have been told by your doctor that it is medically necessary to stop breastfeeding due to a medication you are taking, one of the most important things to do is to tell the doctor that might not be an option. For example, if your child has been nursing regularly and is not yet eating a sizable amount of food outside of breast milk, inform the doctor of this. Many doctors are simply not familiar with the baby weaning process and the importance of allowing the process to happen gradually. Find out if there is another medication that can be taken that is safe for baby. In many cases, it is an option to do so.

If you are not sure if the medication you are taking is safe to take when you are breastfeeding, it is a better option to first do some research. It is common for doctors who are unsure if you should be breastfeeding to simply say that you should not be. Do some research on your own, using only trusted sources, of course. It is often a good idea to use the Physician's Desk Reference for this type of information. In addition, you can call your paediatrician and ask them if you can breastfeed, taking the medications prescribed, since they are more likely to know if you should or should not.

There may be instances when you simply have to stop breastfeeding right away. It could be caused by the baby or because of something that happens to do. If there is a risk to the child, don't do it and work to wean the baby. If there is an option of weaning the child slowly, take this route. It should be rare that the situation

requires that you have to abruptly stop breastfeeding. In most cases, it is best to work slowly at the process to help protect the child from any potential stressors and to avoid any complications on your side, too.

Why Not To Do Abrupt Weaning

Some parents make a decision one day that they simply should be feeding their child anything but breast milk. You may have spent the last few months breastfeeding successfully. The problem is, you should never just make the move a sudden one. This can do a lot of damage to both you and to your child. Instead of forcing the situation to happen right away, it should be a gradual process that is led not by the mother or father but rather by the child themselves. This allows both involved to work through the process successfully.

The abrupt baby weaning process does damage other mother. First there is the emotional detachment that must be dealt with. Most others do not realize that their child is actually going to cause them this much difficulty when they are weaning. But, even the best will go through a process of grieving for that loss of time together. But, in addition to this, there are other reasons why the mother will be put at risk. For example, if you stop nursing right away, all at one time, your breasts will swell and the end process is a painful engorging. This is painful when it happens all at once. In addition, it can worsen if you develop an infection or even an abscess on your breast because of it.

While these conditions may seem like painful and uncomfortable thoughts, an abrupt baby weaning will do harm to the child too. The first and most significant trauma will from the emotional trauma that the child experiences. They have found this to be much more than just their food source. They feel secure here. They are comforted by the mother's arms and their presence in general. If you take this away in a fast instant, the child can be harmed emotionally from it. It is important to note that there is no way to tell your child that it is okay because they do not fully understand vocal communications at this point.

Instead of making a decision to stop nursing your child instantly, remember that the process can be done far more successfully if it s done gradually. This will allow the child to improve their willingness to stop breastfeeding. The slow process also allows them to move some of their attachment to breastfeeding to other things and allows the mother's body to adjust better to the process.

The Process of Baby Weaning

How does baby weaning actually happen? The process can be long and complex, but a short version of the process can be described in one word: gradual. In other words, you and your child should take the process slowly working towards the common goal of no longer breastfeeding but allowing the child to rely solely on solid foods for their nourishment. The process also involves a great deal of time to work

through in terms of emotional stability. You and your child need to both be ready for the break and you both should be physically able to make the switch.

Introducing The Process

As your child gets older, his or her stomach gets larger. They no longer are able to feel full from drinking just breast milk. This may cause them to want to breast feed more often and over time, you can become very overwhelmed by the process. This is when it becomes time to introduce some solid foods to the child's diet. Most babies will start with an introduction to baby cereal which is a white product that breast milk may be added to in order to make it more acceptable to the child. Once your doctor says that you can introduce more solid foods to the child's diet, try it.

This is the first step in the process of baby weaning. As soon as the child begins to eat some solid foods, you will need to be encouraged to do so. Never allow the child to try more than one type of new food in any three day period as you need to ensure that he is not allergic to the food. Over the time, incorporate meals, where the child is eating three meals of baby food coupled with fewer sessions at the breast for feeding. You are likely to see that the baby is more willing to eat foods, as they get older.

Finishing The Process

There is no simple process to stop breastfeeding altogether. Rather, the process should be done as a slow one, where the child slowly starts to replace their breast milk with solid foods. In doing so, the child will become more accustomed to eating solid foods and will be less likely to be interested in the breast feeding. Eventually, you will be able to introduce cow's milk to the child's diet as they are old enough. This can be an instant replacement of breast milk for an older child.

Time To Start Night Weaning

For most children, the idea of stopping any feeding may seem absurd. If you are a breastfeeding mom, your child is latched on good and he or she is likely acting as if they are starving with each feeding. How could you possibly believe the child is ready to be weaned from breastfeeding at night? No matter why the child is taking in these nutrients, it may be necessary for you to get more sleep. There are only so many nights that you can get no sleep before you will exhaust yourself. For this reason, it may be necessary to start encouraging night weaning.

By the time your child is about four to six months, they should be capable of taking in enough calories throughout the day to break the night feeding. How do you know if your child is ready? Their age is a good indication. Some babies are ready before this, but by this age, you can safely assume they are not going to go hungry. If your child is waking up at night, keep in mind that it may be because their child's body has simply become used to getting up at that time. They may not be actually be waking up because they are hungry.

Are you ready to stop night feedings? If you are doing well with night feeding and you have the time to devote to it without it affecting your need for sleep and your overall well being, there should not be a rush to stop feedings at night. On the other hand, you want to teach your child to sleep well during the night and to do so you will need to encourage them to sleep through it without actually waking up for feedings.

Are you ready to stop night feedings?

- Is your baby at least four months old?
- Is he or she taking in a good amount of nutrients and calories during the day? Talk to your paediatrician to find out what is necessary each day for your child's age and size.
- Are you getting enough sleep? If not, you need to consider night weaning as soon as it is possible to do so.

If you are still unsure if you should stop night breastfeeding your child, talk with your paediatrician about the process. You may be surprised to learn that your child is ready for the process and you are able to get more sleep without depriving the child.

Tips For Natural Child Breastfeeding Weaning

As a mother, your job is to provide the very best for your child. You have made the decision to allow your child to naturally stop breastfeeding. The process is called natural weaning and requires the child to help in making the decision about when he or she does not need to breastfeeding any more. This is perhaps one of the best types of tools available to women since it allows for both the parent and the child to be in a good, strong place when the decision to stop happens.

To help you with the process of natural breastfeeding, consider the following tips.

- Encourage your child to eat three full meals of solid food, plus snacks throughout the day. As the child gets older, you will want to encourage them to rely on these meals for their sustenance rather than the breastfeeding. By the age of one year, children should be eating meals like this.
- Keep breastfeeding something separate from other meals. Breastfeed in only one location and do not encourage the child to associate this place with food, but rather just breastfeeding. The less you sit there, the less they will think about the breastfeeding.
- Give the child more time being held and cuddling with you. You want to encourage the child to stop breastfeeding but if they are doing so because they are holding on to this time with you instead of using it for food, they are

likely in need of more time with you during other parts of the day. Make time for you both to be close.

- You can still give the baby weaning child breast milk in a cup if it allows you to help them to feel good about the process. It can also help you to break the need and dependence.
- Give the process time. It can take several months for a child to actually be willing to stop breastfeeding. Yet, it does not need to be something that is talked about so much as is done naturally. When a child is able to forget about the process, they feel good and so do you about stopping.

Naturally weaning your child from the bottle is an important step in enabling that child to develop fully. Yet, it is important to allow the process to move successfully and gradually. By giving them the say in when they need to breastfeed or not, the process is easier.

Tips For Night Weaning Your Baby

For those mothers out there ready to stop breastfeeding their child at night, there is hope. Getting a good night's sleep means not having to wake up for at least six hours per night. Anyone with a baby in the home is waiting for that day when the baby does not need to wake you up and you can softly doze off in your bed. Yet, there comes a time when you may need to work to encourage this process to happen. There are many ways to get to the point of night weaning. Here are some tips to help you through the process.

#1: Slow Wins The Race

It is necessary to take the process of night weaning slowly. You want to encourage the child to gradually stop the process. A good process to start with is to simply start giving the child a few less minutes at each of our breasts. This allows them to get a smaller amount of milk.

#2: Prolong It

If your baby wakes up at 2 am each day to breastfeed, you may want to start pushing off the time when the child is actually breastfed. Many parents rush in to get the process started so they can get back to sleep. Avoid this when night weaning. Instead, when the baby wakes you, try to comfort them with patting and soothing them for ten to fifteen minutes before allowing them to breastfeed. They may fall back asleep without needing to feed, too.

#3: Give The Child More During The Day

Of course it is essential to ensure your child is getting enough nutrients throughout the day prior to starting to wean from breastfeeding at night. This way, the child has the necessary calories and they are not starving when they wake up. Children also need to be encouraged to stop and eat. As they get older, they may resist eating at a scheduled time because they want to play. Encourage them to eat at that schedule, though, as it can encourage them to sleep better at night when you do so.

Breastfeeding altogether does not need to stop just because you are night weaning the baby. The benefit of night weaning is that it allows the child to actually stop waking at night to eat. You will find that this will enable them to have good sleep patterns throughout the rest of their lives, too.

Weaning A Toddler Because A New Baby Is On The Way

Mothers often have to balance two children at once. If you are ready to have another baby, or are pregnant, but you have a toddler who is still nursing, this balancing act can get a little tricky. After all, you need to be able to give the baby the full ability to nurse while still meeting the needs of your toddler. While you can do both, you may find that it is time for you to start weaning your toddler from breastfeeding so that you can start working towards the goal of being ready to provide for the new baby.

To help you through this process, here are a few steps to help you. Unbelievably, you may find yourself able to make this transition happen easier than you thought, especially if your toddler is at least 12 to 16 months old.

- Encourage more cup drinking. A toddler needs this skill. Incorporate cups at meals and be sure they are able to drink well from a cup before you stop breastfeeding.
- Encourage solid food eating in children as they age, according to your paediatrician's recommendations. You want the child to learn to eat all solid foods.
- Be sure to meet the toddler's needs for you. After all, they want time with you more than they want the breastfeeding nutrients. Spend time with the child and cuddle with them. Having time together like this, without breastfeeding will fill their emotional need for it.
- Get help from dad. He can help the toddler to explore new foods and if it is necessary, he can start bottle-feeding the child.
- Talk to your doctor about any problems you are having. Most children will not have trouble weaning from breastfeeding, but some may. This could be a sign of the child not getting enough nourishment during the day.

It may be possible for you to nurse two babies at one time, but this process can exhaust you and may leave the children battling for you at the same time. Instead of going down this road, you may want to consider weaning the baby. This is possible and it will aid the toddler to adjusting to someone else nursing from mom

by the time the baby gets there. Giving the child the comfort and security he or she needs in another form is a very important part of the process of weaning.

What Happens To Your Breasts When You Stop Breastfeeding?

Breastfeeding is something that does not last for too long. Eventually, your child will stop breastfeeding, regardless of if you are weaning them or if you are actually allowing the process to happen naturally. Many women are dealing with the thought, though, of what will happen to their breasts when they do stop breastfeeding. The thought of having soft breasts that simply sag is not something that is appealing to most. There is no doubt that your breasts will change, but they do not necessarily have to become unattractive.

There are many things that will determine what happens to your breasts as you stop breastfeeding. In addition to stopping to breastfeed, factors like your age and your weight will affect this. Gravity, and even pregnancy itself will affect the way your breasts look and feel. Each of these things will determine what will happen once you stop breastfeeding, too.

During your pregnancy, your breasts have to get larger so that they can accommodate the milk meant for the baby. In addition to this larger size, your nipples may also darken. Your areola may also darken. You may also notice that the nipples seem to be larger. This is part of the preparation for the baby. Once you give birth, your breasts really kick into gear. They are likely going to feel heavier to you and you will notice that they seem to fill out more so. This is what happens when your milk comes in. This usually happens within a day or so of giving birth.

Over the next few weeks, you may feel like your breasts are incredibly large, but this will pass. Usually, within the first two to three weeks, the breasts will remain heavy like this. It is simple to ensure that the baby is able to get as much as he or she needs and it also allows your body to better adjust to the amount of milk that is needed. After these first few weeks, your breasts will start to get smaller and will stay this way until you wean your child.

What you may not want to know is that your breasts are likely to return to their normal size, pre pregnancy, as you wean from breastfeeding. In addition to this change, you will notice they are not as young looking or as perky as they once were. However, there is no way to avoid this, unless you never get pregnant.

What Is Baby Weaning?

As a parent of a newborn, all you can really think about is ensuring that your baby is adjusting well to breastfeeding. Before you know it, though, it is time to start thinking about baby weaning. This is the process that all mammals need to go through. Every animal that nurses needs to be able to break away from the process

eventually to allow them to transition into solid foods and eating for themselves. While many parents dread this process, it can be very positive and it is inevitable.

Why Is It Hard To Do?

The natural question that someone from the outside may feel is this: just why is baby weaning such a complex process? Why is it so hard? The process is often complex for a number of reasons. First, many parents see breastfeeding much differently than just feeding their child. The bond that is formed at this time is something that is unimaginable by anyone that does not do so. Plus, this is a special time that mothers and children get to share together. Yet, even outside of this there are other reasons that make it difficult. Helping a child to transition is not always a cut and dry process. Moreover, sometimes, the child just does not do well to the process.

What To Do

There is much to learn about the process of baby weaning but the first step is educating. Before you start to tackle this process on your own, make it your goal to understand the various methods available. Then, choose the ones you feel most comfortable using. Each mother and child is different so it can be hard to find that specific method that works for you both. Yet, it is also important to keep in mind that in most situations, baby weaning does go without flaw. You can have an easy transition if you are ready for it.

Take some time to consider the various baby weaning methods. Most importantly, invest time in the process yourself. In other words, be sure you are emotionally ready for this change since most often it will be the mother that struggles the most with it rather than the child. Finally, be sure you have help. You will need support and encouragement along the way. The good news is that you can get this from your child's father, your family, and friends. Moreover, there are outstanding resources available online to aid you, too.

What Is Making Weaning Hard?

If you are like most parents, you really would love a few extra months of keeping your child a baby. But, as they grow you have to make decisions, including decisions about weaning the child. Weaning your child can be a challenge, but for some people the challenge is harder than for others. What could be behind this difficulty? There could be many things but it is important for you to know what is happening with your child so that you can ensure that the child is emotionally all right with the process.

For those mothers who are struggling with the weaning process, you may want to take some extra time to figure out why. Normally, a child will resist somewhat especially if they are hungry. In this case, you will need to ensure the child is being fed properly and is getting the necessary calories he or she needs. Talk with your

paediatrician about how many calories your child needs for their age, size and weight. Once you know they are getting the right amount of calories, here are some other things to think about when struggling with breastfeeding weaning.

1. Is your child struggling because he or she is not getting enough time with mom? For example, if you have just said no more and the child is without a lot of time for you, they may miss this intimate time and be craving it.
2. Have there been changes in their schedule they are not adjusting to? You should try to adjust one thing at a time for the child so that they do not feel like they are in constant flux.
3. Have you gone back to work? Again, if they are not getting their fill of mom, they may start trying to breastfeed because this is a guarantee of cuddle and love time.
4. Is the child sick? Some children need the comfort and "feel good" that comes from being close to mom when they are not feeling well. Children that are sic will also want to nurse more than those that are not.
5. Notice any major changes in your home? If so, this could be why your child is struggling.

When there are no other signs that there is a difficulty, your child may just need more time. Give them the time they need. You may want to stop trying to breastfeed for a while and then go back to it in a month or so. They will eventually stop breast-feeding; it just depends on when they are ready to.

When To Baby Wean

There are many different opinions on when you should wean your child from breastfeeding. The indications are all different and, in truth, you should consider this a process that is specific to you and to your child. Each child is very different in the way they feel and react to baby weaning. By most accounts, the best way to know if your child is ready to wean is to simply allow the process to take place naturally. This is actually how most mothers and children will go through the process and it is likely to be the best route for you and your child to go through, too.

It is ideal for your baby to simply outgrow breastfeeding. This is a natural weaning, sometimes called a baby led weaning. It is important to know what your baby needs, as each child is unique. You may find that your child needs more time than your first child to make this break from breastfeeding. If you look at your child's other areas of development you may already know what the child will need. For example, some children demand to be held more. Other children like to play alone. You would not normally force a child to develop differently in these other areas which means you really should not do so at this point either. It is essential that you allow the child to develop as they naturally would.

Do not set a time for how long your child will nurse or not. Try to be more flexible about the entire process. This process should be one that happens as naturally as possible so that there is no limitation or risk to either of you during the process. Do you know what the first step in the process is? The first step is as simple as giving your child his or her first bites of food.

As you start thinking about baby weaning, realize that this is not a first event. Unlike giving that first bite of food, the process is not something that you just decide to do one day. Rather, it is a process that often takes a few months of adjustment and a slow moving one at that. Give your child the ability to grow and develop as it feels right to do. This ultimately will give you and him the best ability to work through baby weaning together. Baby weaning is an enjoyable process then.

When To Night Wean

Night weaning is a process that involves aiding a breastfed baby to stop taking feedings at night. Just like babies who are bottle fed, the process is a good one for the child. You want the child to sleep through the night, without needing to wake up to take a feeding. Each child is different in terms of how long it will take for them to sleep through the entire night, but it is often necessary to take steps to enable the process along. Remember that night weaning only affects the night. Most parents will want to consider feeding their baby throughout the day by breast.

A child is likely to sleep through the night as long as they have enough calories in their system to keep them satisfied throughout the night. This is not something that most children will be able to do within the first weeks of their lives simply because they are too young and have stomachs that are too small. Usually, by the time a child is four to six months of age, they are taking in enough calories throughout the day that they should not need to feed at night, for at least five to six hours at a time. Some babies may need to feed for longer, and some babies will night wean far sooner than this.

Some babies need to feed at night by breast because they need this not only for the food, but for the closeness it allows them. For example, perhaps you have gone back to work. Your child is now seeing you less and bonding with you less. They may wake up at night wanting to breastfeed not because they are hungry but most so because the child is hoping to hold on to more time with mom. This can be a common need especially as your child develops emotionally.

Take the time to approach night feeding only when it feels like. Do not try to force the situation on your child since he or she is not likely to take to this well. Rather, they are going to keep waking you up until they are satisfied that they are getting enough attention from you. Night weaning can and should be considered when your child is old enough and is willing to wean. You can start the process along once the child reaches between four and six months.



From Conception to Your New Baby - Healthy the Natural Way

During both the conception process and throughout pregnancy it is important that hopeful moms maintain their physical wellbeing and as well as their psychological health.

This broad field of women's health includes psychological issues surrounding mood, stress and relaxation, as well as physical areas such as infertility, nutrition, morning sickness, labor and delivery and more.

After a baby is delivered, it is important that new moms maintain their physical and psychological health, as well as that of their newborn.

Addressing the health of mothers includes psychological issues surrounding mood, stress and relaxation, as well as physical areas such as healing, breast-feeding and energy levels. Baby's health issues include sleep and relaxation, cradle-cap, teething and much more.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your body and weight health – naturally and safely.

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To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

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While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

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