

Gentle Night Weaning

for more gentle sleep help visit www.withyoudoula.com

Before you read any further, feeding through the night is **normal** infant behaviour. Babies and toddlers are **supposed** to feed through the night. Night weaning does **not** mean that your baby will start sleeping through the night. In the short-term night weaning can cause **more** wakefulness while your child finds new sleep cues. These methods are **not** intended for babies under **12 months** it is normal for babies to wake frequently.

The needs of your child change constantly so they may naturally wake up more or less depending on other factors eg illness, developmental leap, and temperature. Feeding is about more than nutrition

If you choose to breast/chest feed the most recent studies show that those babies may actually be waking less and staying awake for a shorter amount of time.

Method 1

- Time night feeds to see how long they take
- Start cutting feeds shorter by 30 /seconds 1 minute or so and cuddling to sleep
- Do this for a few days before cutting the same amount of time again
- Once you get down to a minute or so feed you may be able to talk or hug them back to sleep

Method 2

- Feed for alternative wake ups
- This works well for if your child is waking every couple of hours to be fed
- In between feeds still respond to your child's emotional need for comfort
- You can do this by singing, hugging, skin to skin

Night weaning is not the easy option it's hard work and can take a lot of time. Like with any big change it might a good idea to ask around you for support and make the change at a low-stress point. If you are night weaning due to work or health issues do so before the change if possible. I offer free support and resources to those who need to wean due to medical conditions.