

# Weaning

## What is Weaning?

The American Academy of Pediatrics recommends breastfeeding for one year and then continuing for as long as desired. Most babies start solid foods around six months but continue receiving breastmilk as their main source of nutrition for the first year.



Replacing breastfeeding with solid foods or formula is referred to as weaning. Having a plan in place to gradually wean can help things go more smoothly for you, your baby and your body. Stopping breastfeeding or pumping all at once is generally not recommended because you may be more likely to get plugged ducts or mastitis. Work with your doctor or a lactation consultant to make a plan that will work best for you.

## What does a general weaning plan look like?

- Choose the breastfeeding (or pumping) session you like the least.
- Replace breastfeeding with giving your baby a bottle of expressed breastmilk or formula.
- If you feel uncomfortably full, it's ok to hand express or pump for a minute or two to relieve excess pressure.
- Give your body 3-5 days to adjust to the change, then choose the next breastfeeding session you'd like to cut and replace it with a bottle.

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# What Might Help?

## When should I seek help?

Weaning often comes with mixed feelings of joy and sadness, and a slightly higher risk of plugged ducts and mastitis. Reach out for help with your weaning plan if:

- If you feel like the general weaning plan might not be best for you.
- If you feel emotional stress or suspect your baby or toddler might.
- If you have experienced postpartum depression and feel your symptoms are worsening.
- If you feel pain, notice redness or streaking on your breast or start running a fever.

**Find more tips at [BreastmilkCounts.com](https://BreastmilkCounts.com)**

For free 24/7 information and support, call the  
Texas Lactation Support Hotline at 1-855-550-6667  
to speak with a lactation consultant.

**WIC has resources, healthy foods and more. Apply here:**



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