

NIGHT-TIME WEANING

webinar



The
Sleep Stage
webinar

The Care It Out approach:

- There's no weaning wand
- It can be hard work
- Tear free is unrealistic

When is the best time?

- There's no best time
- There's always something
- Weaning will always mean less sleep in the short-term

Make life easier for you all:

- Clear diary
- Avoid busy times
- Prep some meals

1 The *Prep* Step

- Are their naps in a good place?
So you aren't starting from a place of overtiredness.
- Are all the bedtime basics in place?
So you are on the path of least resistance.
- Have you spent lots of time together during the day?
To lesson any separation anxiety
- Are they over 6 months?
- Any weight concerns?
- Are they on 3 meals a day?
- Are YOU ready to night wean?



Putting a plan in place now will help you feel prepared for your wake ups.

Bedtime Boundaries

BUMP UP THE FINAL FEED BEFORE BED.

We are going to move the final feed to before:

This can help to reduce the frequency of feeds

Bedtime Routine

OUR **NEW** BEDTIME ROUTINE ORDER:

2

What to do at wake ups:

- Sing
- Pick up
- Touch
- Stroke
- Eye contact
- Stay and support

It's all about you staying calm and containing their tears

Decide in advance what you feel comfortable with

Boobie/Bottle Buffer:

Set a time limit for resettling before offering boob or bottle.

Dropping Feeds:

Are you going to alternate feeds, split the night, or go gung ho?

3

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It's always OK to
park it
if it isn't working for you or your Small