

Gentle Night Weaning Worksheet

Weaning Plan For: _____ Age: _____

Note: Meet with Doctor or Lactation Consultant to discuss your night feeding goals prior to starting.

Night Feeding Goal: _____

Daytime Feeding Plan: _____

Current Night Feeding Times: _____

Quantity/Length: _____

Planned Dreamfeed Times: _____

Goal for Weaning Dreamfeeds: _____

Morning Routine (Dramatic Wake Up): _____

Seven Steps to Gentle Night Weaning

1. Feed baby regularly through the day and into the first part of the night
2. Decide on how many night feeds to start with
3. Determine the timing of your dreamfeeds
4. Establish a stretch of time at the end of the night where your child does not get fed
5. Morning feed in the light
6. Start the weaning process by moving the last feed earlier
7. Eliminate the last dreamfeed as it gets closer to the previous feed