

Sample Plan For Weaning Two Night Feeds to None

Step	Bedtime Feed	Feed #1	Feed #2	Feed #3	Feed #4	Notes
1	6:30	10:30	2:00			Starting Feed Times
2	6:30	10:30	1:45			
3	6:30	10:30	1:30			
4	6:30	10:30	1:15			
5	6:30	10:30	1:00			
6	6:30	10:30	12:45			
7	6:30	10:30	12:30			12:30 feed optional
8	6:30	11:00	skip			Move Feed #2 30 up to mins later
9	6:30	10:45				Skip this step if feed #1 not moved
10	6:30	10:30				
11	6:30	10:15				
12	6:30	10:00				
13	6:30	9:45				
14	6:30	9:30				
15	6:30	9:15				
16	6:30	9:00				
17	6:30	8:45				
18	6:30	8:30				
19	6:30	8:15				
20	6:30	8:00				
21	6:30	7:45				
22	6:30	7:30				7:30 feed optional
23	6:30	skip				