

## Sample Plan For Weaning Three Night Feeds to None

Step	Bedtime Feed	Feed #1	Feed #2	Feed #3	Feed #4	Notes
1	6:30	9:00	11:30	2:00		Starting feed times
2	6:30	9:00	11:30	1:45		
3	6:30	9:00	11:30	1:30		
4	6:30	9:00	11:30	1:15		
5	6:30	9:00	11:30	1:00		
6	6:30	9:00	11:30	12:45		
7	6:30	9:00	11:30	<b>12:30</b>		12:30 feed optional
8	6:30	9:00	<b>12:00</b>	skip		Move feed #2 up to 30 mins later
9	6:30	9:00	11:45			Skip this step if feed #2 not moved
10	6:30	9:00	11:30			
11	6:30	9:00	11:15			
12	6:30	9:00	11:00			
13	6:30	9:00	10:45			
14	6:30	9:00	10:30			
15	6:30	9:00	10:15			
16	6:30	9:00	<b>10:00</b>			10:00 feed optional
17	6:30	<b>9:30</b>	skip			Move feed #1 up to 30 mins later
18	6:30	9:15				Skip this step if feed #1 not moved
19	6:30	9:00				
20	6:30	8:45				
21	6:30	8:30				
22	6:30	8:15				
23	6:30	8:00				
24	6:30	7:45				
25	6:30	<b>7:30</b>				7:30 feed optional
26	6:30	skip				