

## Sample Night Weaning Plan

### Four Night Feeds to None

Step	Bedtime Feed	Dream Feed #1	Dream Feed #2	Dream Feed #3	Dream Feed #4	Notes
1	5:30	7:30	10:00	12:30	3:00	Starting feed times
2	5:30	7:30	10:00	12:30	2:45	
3	5:30	7:30	10:00	12:30	2:30	
4	5:30	7:30	10:00	12:30	2:15	
5	5:30	7:30	10:00	12:30	2:00	
6	5:30	7:30	10:00	12:30	1:45	
7	5:30	7:30	10:00	12:30	<b>1:30</b>	1:30 feed optional
8	5:30	7:30	10:00	<b>1:00</b>	skip	May move feed #3 up to 30 mins later
9	5:30	7:30	10:00	12:45		Skip this step if feed #3 not moved
10	5:30	7:30	10:00	12:30		
11	5:30	7:30	10:00	12:15		
12	5:30	7:30	10:00	12:00		
13	5:30	7:30	10:00	11:45		
14	5:30	7:30	10:00	11:30		
15	5:30	7:30	10:00	11:15		
16	5:30	7:30	10:00	<b>11:00</b>		11:00 feed optional
17	5:30	7:30	<b>10:30</b>	skip		May move feed #2 up to 30 mins later
18	5:30	7:30	10:15			Skip this step if feed #2 not moved
19	5:30	7:30	10:00			
20	5:30	7:30	9:45			
21	5:30	7:30	9:30			
22	5:30	7:30	9:15			
23	5:30	7:30	9:00			
24	5:30	7:30	8:45			
25	5:30	7:30	<b>8:30</b>			8:30 feed optional
26	5:30	<b>8:00</b>	skip			May move feed #1 up to 30 mins later
27	5:30	7:45				Skip this step if feed #1 not moved
28	5:30	7:30				
29	5:30	7:15				
30	5:30	7:00				
31	5:30	6:45				
32	5:30	<b>6:30</b>				6:30 feed optional
33	5:30	skip				