

Gentle Night Weaning Worksheet

Weaning Plan For: Jesse Age: 9 months

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

Night Feeding Goal: Eliminate night feeds

Daytime Feeding Plan: Feed milk at least every 3 hours, 3 solid meals.

Current Night Feeding Times: 9:30, 10:30, 12 am, 4 am, 5 am

Quantity/Length: Breastfeeds, variable lengths (at least 3 good feeds)

Planned Dreamfeed Times: 9 pm, 11:30 pm, 2 am

Goal for Weaning Dreamfeeds: Wean down to 0 feeds in 1 month

Morning Routine (Dramatic Wake Up): Light, good morning song, feed in living room

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