

Weaning

What is weaning?

Weaning is the term used to describe the process of switching a baby from

- Breast-feeding/Bottle feeding to semiliquid to semisolids over a period of 3-4 months
- Here the baby is introduced to adjust to different textures and different tastes in different forms of food very slowly

(Please follow your doctor's advise regarding weaning since this is a process which is very personalized for each baby depending on region, customs & practices)

- Weaning usually work best when they are done gradually—over several weeks, months, or even longer.
- Effect of weaning on mothers can be both exciting and sad.
- For one Mothers can be more independent for the other the bonding might get little strained.

How do you know if your baby is ready to wean?

- Ideally Babies are weaned only after they finish 6 months as prescribed by WHO & Indian Academy of Pediatrics.
- As the baby finishes 4 months, it starts mouthing everything & for sure this is not the sign of weaning which is commonly perceived.
- Baby's feeding duration will gradually reduce but at the same time the power which it sucks increases, so nothing wo worry here.
- Last 2-4 weeks, it rejects the nipple & distracted more often.

But the trick is to go through full 6 months and then WEAN.

What is the best way to wean a baby

- Gradual weaning is best for both babies and mothers.
- Try dropping one feed every 5 to 7 days. This will help give you and your baby enough time to adjust to new ways of feeding.
- If you are breast-feeding, gradual weaning helps keep your breasts from becoming too full, a problem called breast engorgement.

How do you meet your baby's nutrition needs while weaning?

- Breast-feed your baby for at least 15-18 months and as long after as you and your child desire.
- Feed your baby breast milk or iron-enriched formula until he or she is 12 months of age, being sure to meet the vitamin and mineral needs of children.
- Begin to introduce solid foods at 6 months of age to complement the breast milk or formula.
- Do not feed your baby cow's milk before 12 months of age.

You can also give your baby breast milk from a cup and spoon or a palladay

YOUR DOCTOR WILL HELP YOU IN WEANING & CUSTOMISE IT ACCORDING TO THE BABY AND THE MOTHER

Pls consult him before weaning