

Weaning Your Baby

Weaning is the process of stopping breastfeeding.

While breastfeeding:

Start bottle feeds with your expressed breast milk around 2-4 weeks. This helps your baby get used to the bottle and nipple early.

It can take a baby 1 month to completely wean.

How to wean:

Start feeding expressed breast milk (if you haven't already).

Start substituting formula for one of your baby's feedings each day.

Every 3-4 days replace another daily feeding with formula and/or solid foods.

If your baby refuses formula, mix a bottle with half breast milk and half formula. Slowly increase the amount of formula over time. You can also try a different kind of formula but don't switch formulas too often - this can upset the baby's stomach causing gas or trouble pooping.

Tips for mom:

Engorgement: when your breasts swell and are painful when breastfeeding less often.

Express a little milk from your breasts if you become engorged. Only express enough milk to take the pressure off. Your body will get the signal to make less milk over time.

If you do get engorged, use a cold pack like a bag of frozen peas or cold cabbage leaves.

Talk with your care team if you are having problems.

Keep taking your HIV medicine on time every day.

Give your baby their medicine until 4 weeks after the *last day* your baby had any breast milk.

Weaning quickly:

Your doctor may tell you to stop weaning at a certain time. You can take Tylenol or ibuprofen to help with engorgement. Your doctor may offer you a medicine called *cabergoline* to help your body to stop making breast milk.

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.