

The Ultimate Guide to Night Weaning: A Gentle and Effective Approach



NURSIES WHEN THE SUN SHINES: A LITTLE BOOK ON NIGHTWEANING by Robyn Passante

★★★★☆ 4.5 out of 5

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Night weaning is the process of gradually reducing or eliminating night feedings for your baby or toddler. It can be a challenging process, but it can also be very rewarding. By night weaning your child, you can help them to sleep through the night, improve their overall health, and make it easier for you to get a good night's sleep.

Is Your Child Ready for Night Weaning?

Before you start night weaning, it's important to make sure that your child is ready. Most babies are ready to night wean between 6 and 12 months of age. However, some babies may not be ready until they are older. Here are some signs that your child may be ready to night wean:

- Your child is sleeping through the night for 5-6 hours at a time.
- Your child is gaining weight well and is healthy.

- Your child is able to self-soothe and fall asleep without needing to be fed.

How to Night Wean Gently and Effectively

There are many different ways to night wean your child. The best approach will vary depending on your child's individual needs. Here are some general tips to help you get started:

- **Start gradually.** Don't try to night wean your child overnight. Start by gradually reducing the number of night feedings you give them.
- **Be consistent.** Once you start night weaning, be consistent with your approach. Don't give in to your child's cries if they wake up hungry at night.
- **Offer comfort and reassurance.** When your child wakes up at night, offer them comfort and reassurance without feeding them. You can rock them, sing to them, or give them a back rub.
- **Be patient.** Night weaning can take time. Don't get discouraged if your child doesn't night wean immediately. Just keep at it and eventually your child will learn to sleep through the night without needing to be fed.

Dealing with Setbacks

It's important to remember that night weaning is not always a smooth process. There will be setbacks along the way. If your child wakes up hungry at night, don't give up. Just try again the next night. With patience and consistency, you will eventually succeed in night weaning your child.

Night weaning can be a challenging but rewarding process. By following the tips in this guide, you can help your child to sleep through the night, improve their overall health, and make it easier for you to get a good night's sleep.



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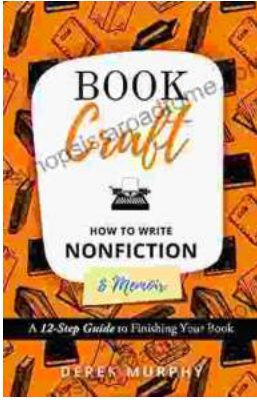
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