

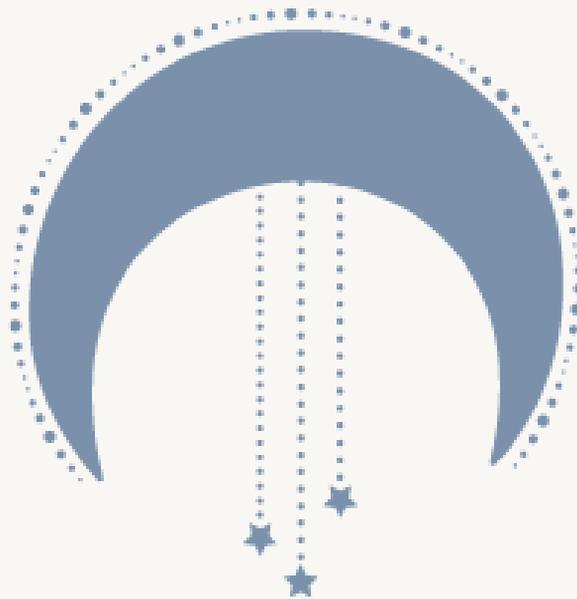


Nest and Nod



Step by Step Guide to Night Weaning

This digital guide is protected by U.S. copyright laws.
Reproduction and distribution of this guide without
written permission is prohibited by law.



NEST AND NOD

INFANT AND TODDLER SLEEP COACH

When can you wean night feeding?

If you feel like your baby is waking out of habit to eat at night, needs to eat or nurse to fall back asleep, or seems to be taking full feeds at night and "snacking" during the day, it's most likely time to wean night feedings

It is NOT recommended to limit night feedings for newborns or babies who are less than 3 months or 12lbs.

Make sure to check with your pediatrician prior to weaning night feeds.

Keep a log

Keep a detailed, consecutive three day/night feeding and sleeping log for your child. Along with times, make sure you log the number of ounces they ate from a bottle or the amount of time they nursed, if breastfeeding.

Middle, first, last

Once your log is complete, circle the nighttime feedings. for example (9:30 pm, 12:15 am, 5:00 am) as well as the amount of ounces they consumed or the duration they nursed. Focus on weaning the middle feeding, then the first, then the last.

One at a time

Drop the number of ounces by 1/2 ounce per night. For example, if the 12:15 am feed is 4 ounces, then the next night you will reduce it to 3.5 ounces, then 3 ounces. You will continue to do this until this feed is eliminated.

If you are nursing, reduce the time baby nurses by 2 minutes each night until the feed is dropped.

Once it's dropped...

You will use your sleep training method if your child wakes around that time. You will never go back to that feed.

On to the next

You will now move to the first feeding. Which, in our example is 9:30 pm with 4 ounces given.

Continue with reducing the number of ounces given by 1/2 ounce or reducing the time spent nursing by 2 minutes until that feed is eliminated. Continue on to the final feed, which is 5 am in our example, and follow the same protocol.

When to stop

If you notice that your baby continues to wake at the same time, no matter how long you have been sleep training, chances are they may still need that feed...

Give your baby one week of increasing calories during the day and being consistent with your sleep training method before adding the feed back in.

Additional notes

When feeding at night, it's important to keep your baby in slumber-like state. Do not change their diaper unless it contains poop. Keep the lighting dark and dim and do not talk or make eye contact with your baby.

BE PREPARED.



Let's Connect

Need a little more help?
Let's schedule a consult
call to discuss your needs
and my services! Reach
out to me via email, phone,
social media, or by
booking directly from my
website!

Phone

(863) 449-4877

Email

nestandnod@gmail.com

Website

www.nestandnod.com

Social Media



[@nestandnod](https://www.instagram.com/nestandnod)



[www.facebook.com/
nestandnodsleep](https://www.facebook.com/nestandnodsleep)