



# Care Plan for Weaning Baby from the Breast

## Care Plan Goals:

- Decrease or end milk production to adjust to baby's developmental needs.

## Weaning from Breastfeeding

- Take away one breastfeeding session and replace with bottle of expressed milk you have previously stored or formula. This should be the same time every day until your breasts adjust and feel comfortable from missing that feeding session. (May take 3–5 days.)
- Take away a second breastfeeding session and replace the feeding with bottle of your expressed breast milk or formula. This should be at the same time every day until your breasts adjust and feel comfortable. (May take 3–5 days.)

- Continue dropping a feeding every 3–5 days until you are to your last breastfeeding.
- Slowly decrease the length of time you allow baby to be at breast for this last breastfeeding.
- Apply cold packs to breasts for any discomfort.
- If approved by your doctor, take ibuprofen (Motrin or Advil) for discomfort.
- Watch for signs of plugged ducts or mastitis (See *Care Plan for Plugged Milk Ducts and Mastitis*).
- If you have any questions, call the TriHealth Breastfeeding Helpline (513 862 7867 option 3).