



Image Source: United States Breastfeeding Committee

IS MY BABY SELF-WEANING?

When a baby stops nursing before a year, it can be hard to understand what's happening. Could it be low-supply? Teething? A nursing strike?

Here are some things to keep in mind.

A baby who self-weans:

- is typically well over a year old
- gets most of their nutrition from solids
- drinks well from a cup
- cuts down on nursing gradually

It may be a nursing strike if baby:

- stops nursing suddenly
- has been sick or teething
- recently met a developmental milestone
- has become more distractible
- was recently introduced to bottles or pacifiers

Is it low supply?

If a parent's milk supply is reduced, baby may become less interested in nursing, leading to even lower supply. If milk supply is low, baby may grow to prefer a cup or bottle simply because he can get more milk this way. Scheduled feedings or night weaning can also lead to low supply for some parents.

For individualized nursing support, contact your local LLL Leader.