



Weaning

It is the process of terminating an infant's breastfeeding. It is recommended to breastfeed babies for a year or longer.

My Health
Digest

Time for weaning:

It is recommended to breastfeed the new born for the first six months after birth the breast-feeding in combination with solids foods until at least age 1. Breast-feeding is recommended as long as you and your baby wish to continue.

Factors that help weaning:

- Sitting well
- Good head control
- Can hold food in his mouth and is ready to chew
- Can pick up food and put it in their mouths
- Curious at mealtimes and eager to share



Advantages and disadvantages for weaning:

Advantages:

Encourages independent eating sooner.

Children are more likely to decide when they are full and are less likely to be overweight in the long run

Reduces the need for separate cooking, as family meals are usually appropriate.

Your whole family can eat together.

Disadvantages:

Increases concerns about gagging and suffocation. However, if the right foods are introduced, the risk of your baby choking should not be higher than in the traditional approach

It's hard to know how much your child has eaten.

It can be messy.

Recognizing a food allergy can be more challenging, as many foods are introduced at once more often.



Problems mothers face during the process of weaning:

Mostly breast problems occur during weaning (such as: breast engorgement, blocked milk ducts, or infection), especially if the mother has stopped breastfeeding suddenly.

After weaning, a woman may feel that her breasts are getting smaller. She might also notice stretch marks on her breasts; but stretch marks usually disappear over time. Once you stop breastfeeding, your breasts will stop producing milk.

