

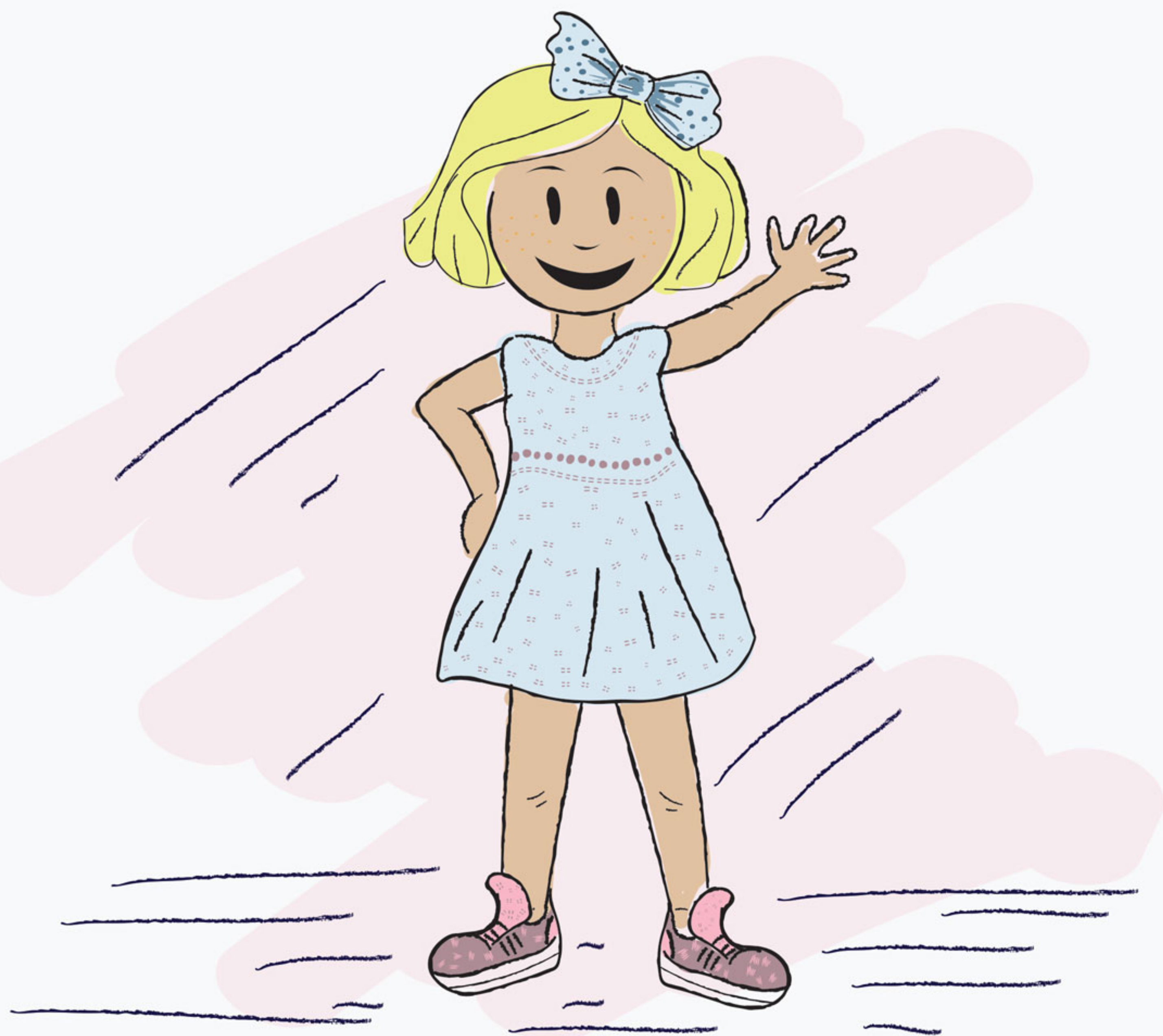
Sometimes I'm big



saying goodbye to breastfeeding
by

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CERTIFIED BIRTH AND POSTPARTUM DOULA



Hi!

My name is Sandy



I like to make castles with
blocks.
And I am learning to stand
on my head.
I also like popsicles.
What do you like?



There's another thing I like a lot.
It's mommy's milk. I call it milkies. When I have
milkies my mommy's hair tickles my face.
And I can hear her heart beating.
I love milkies when I'm feeling cuddly, like when
I first wake up or when I'm sad.
Or for no reason at all. I just like milkies.



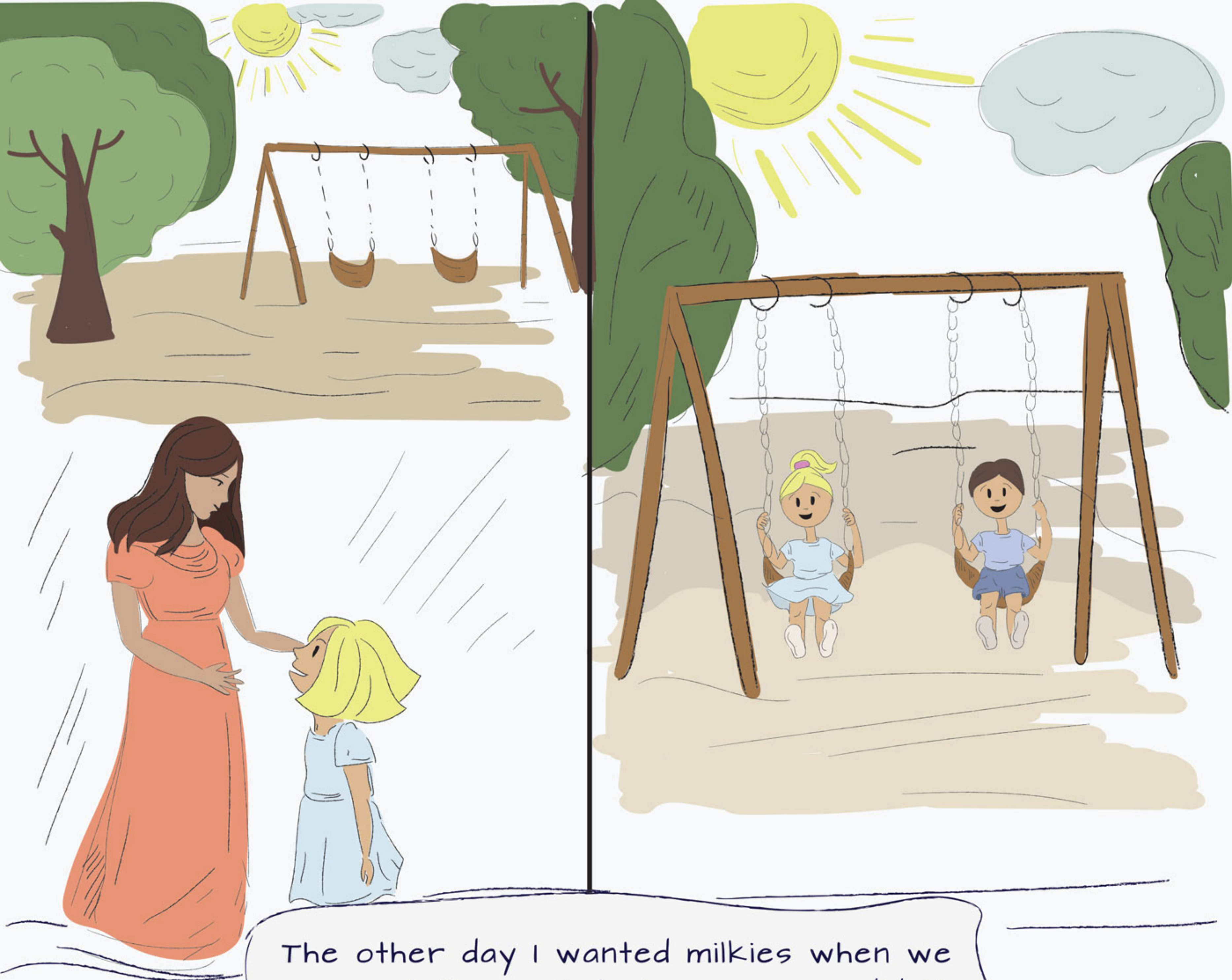
My mommy says that we can have milkies
during the day, but at night the milkies
are sleeping.
So I have to wait till the morning.



One night I woke up and I
really wanted milkies. I
didn't want to wait. I got
really mad and I cried
a lot.



Then my daddy came and I
cried with him, too.
Then I fell asleep.



The other day I wanted milkies when we were at the park but my mommy didn't have on the right clothes. I was really sad at first but then I remembered that it was my turn on the swings.

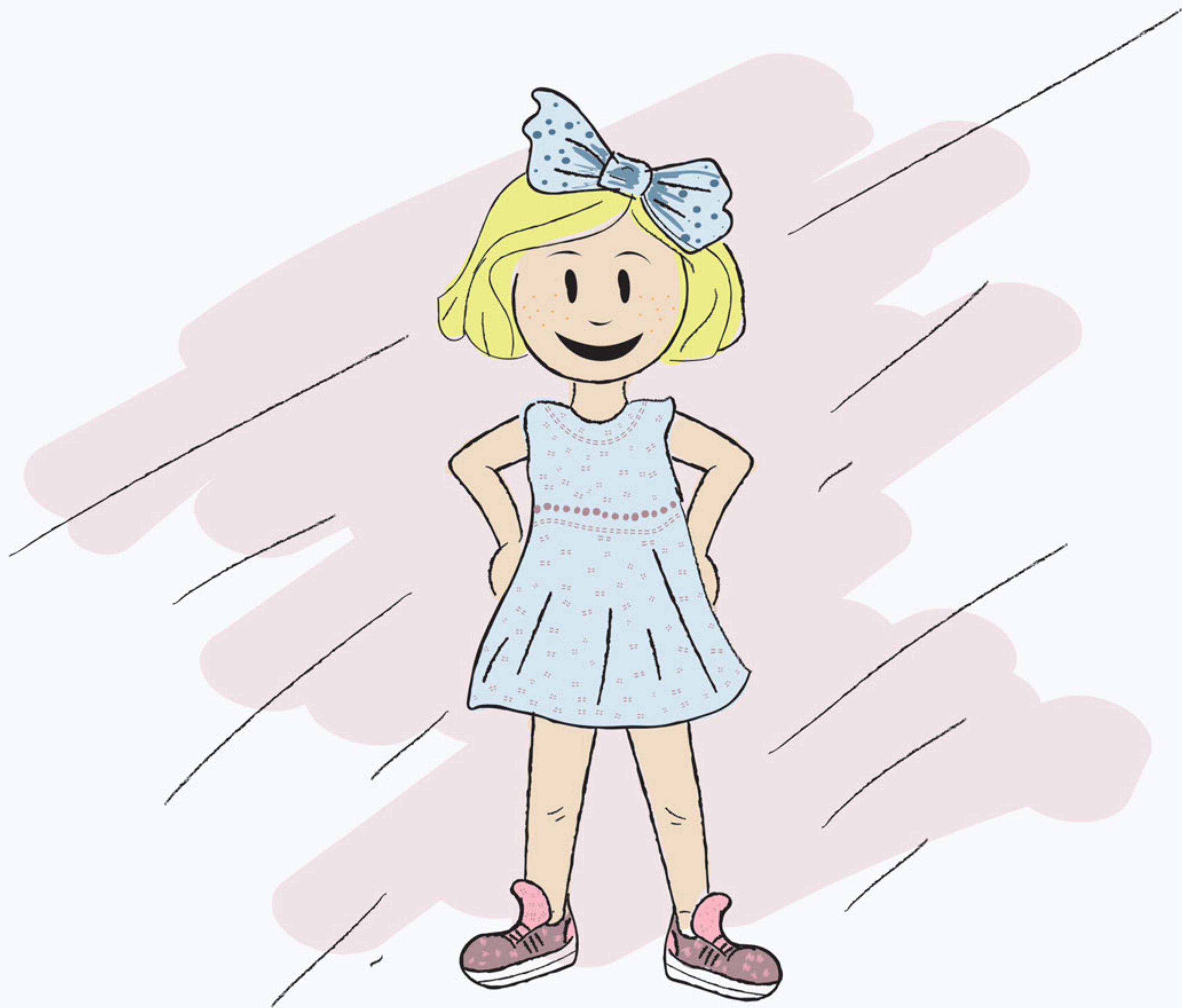


When we got home I asked if it was time
for milkies and my mommy said not right
now because I'm making you a special tea. It
was warm and sweet and had a curly straw.
Curly straws are the best!



Mommy says I'm growing every day and soon I'll be able to push myself on the swings. I like doing things by myself, but when I get tired I like to be with my mommy. She has soft skin and she smells good.

Kind of like shampoo. And strawberries.
Or whatever snack she has.



When little kids grow into big kids they
don't want milkies anymore.
But I think I'm still little.

Well, sometimes I'm big.



I almost didn't need my mom
to push me on the swings
yesterday.
What about you?
Are you big or little?

TIPS FOR WEANING GRADUALLY, RESPECTING BOTH MOTHER'S AND BABY'S NEEDS

- Make sure you are calmly certain that you are ready to start this process. Your child will feel reassured by your certainty. If you see weaning as a natural next step (really and truly) then your child will follow your lead.
- Take away your nursing sessions little by little. Gradual weaning makes it easier on everyone's feelings. Your breasts will also thank you for not being hasty. As milk production gradually decreases, you can avoid engorgement and discomfort. Drop feedings at your own pace and be aware of your physical and emotional comfort level.
- If your child has other caretakers in his or her life, it may help for these people to step in if you are feeling overwhelmed.
- Remember that transition time can sometimes feel slow to get the wheels moving. All people, not just children, like to hang on to what we know. Some people feel more comfortable taking leaps than others. You can't make people take leaps, but you can be patient while they figure out exactly what they are leaping towards.
- Know that you are not alone if you are experiencing intense emotions or feeling unsteady around weaning your child. Talking about your feelings with someone you trust can be a first step in finding a new balance.

TEA WITH THE CURLY STRAW

Anything warm and sweet will do for your special tea. Herbal tea or decaffeinated tea combined with warm milk or milk substitute can often hit the spot. Add cinnamon, honey, or sugar for added flavor.

What really makes this tea special, though, is the curly straw and your loving care in preparing it. It says, "You are important to me. We are in this together."



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support for parents