

Breastfeeding? How To Wean The Baby? | Riddhi Deorah | Parenting Coach |

6 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=ESJDPNRiXKM](https://www.youtube.com/watch?v=ESJDPNRiXKM)

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SUMMARY

The speaker discusses strategies for weaning off breastfeeding and addressing thumb sucking and nail biting in children. They emphasize the importance of a supportive family environment during the weaning process and suggest gentle, non-punitive methods for managing thumb sucking and nail biting.

- Weaning from breastfeeding typically involves a week of struggle with crying; consistency is key.*
- Avoid using bitter substances or ointments to deter breastfeeding, as it can damage trust between parent and child.*
- Transitioning to a cup or bottle should be done without introducing breastfeeding during the day to avoid confusion.*
- Family support is crucial; everyone should be aware of the weaning plan to help manage the child's reactions.*
- For thumb sucking, increase physical affection and engagement to provide comfort and reduce reliance on the thumb.*
- Nail biting can be addressed by reducing stress on the child and gently reminding them of hygiene concerns.*
- Both thumb sucking and nail biting are often temporary behaviors that can be managed with patience and understanding.*

Speaker 1: Foreign. Let me just explain the breastfeeding. How to wean off. Now, there are different schools of thought. So some would be like, you know, put a bitter substance and all. Not something I would suggest as a mentor. You don't want to do that. My experience, it will be a struggle for one week minimum. There would be a lot of crying and you would have to resist the crying.

Speaker 1: Now if you're feeding your child. So my. Let me just explain the breastfeeding, how to wean off. Now, there are different schools of thought. So some would be like, you know, put a bitter substance and all. Not something I would suggest as a mentor. You don't want to do that. My experience is it will be a struggle for one week minimum. There would be a lot of crying and you would have to resist the crying. Now if you're feeding your child.

Speaker 1: So my experience with breastfeeding is there would be a little bit of struggle for at least a week. The best way to do it is to put yourself in a different room. Don't sleep in the same room as your child. If you can put your child with your husband or with the grandparents now, when. And also you and your husband have to be one team and also other members of the family. So it's not a personal decision.

Speaker 1: You would need. I already have an amplifier. So you would need to do this with your family, you know, as a this thing team. So everybody should know that you're trying to wean off and you're trying to stop breastfeeding. And you should prepare them and tell them that if you have a boy, she will cry or he will cry. You should let them know so that they are prepared and they don't start panicking.

Speaker 1: Midnight that why is the child crying? Because when the child will ask for milk and you do not give your milk, there would be a lot of crying, but that crying would eventually stop and the child would eventually fall back to sleep. But imagine if you give your child milk, then the child would pick up a pattern. That crying means if I cry for 20 minutes, 30 minutes, eventually I would get the milk right. So you definitely do not want to give in.

Speaker 1: And if you continue this for one week, your child would understand. And when we say stop, then you stop completely. Don't give it during daytime also because you don't want to show. It's like, you know, I'll give you some good experience for some time and then later I will completely say no to you for that. So the best idea is when you're stopping, you stop completely. And you stick to one message, that mummy no longer has milk.

Speaker 1: If you want milk, milk is in the bottle or milk is in that cup, whatever. I would prefer directly switching into a cup. Spoon if you can, if not, then bottle. Now when to stop? Ideally that's a very personal choice. I know mothers who've stopped at three years, there are mothers who've stopped at one and a half years, there are mothers who've stopped at one year and there are some mothers who stop lactating like I stopped lactating.

Speaker 1: So I anyway had to stop so I didn't have to go through that whole pain. But I know for my co sister, she kept trying, trying, trying, nothing worked. I told her you have to follow this one thing and only then you will be able to stop. And she did this. After one week it stopped completely because she was not able to travel and she was not able to step out of the house also for half an hour, one hour and all of that problem because the child would refuse to have it from a bottle.

Speaker 1: So my nephew, he would not take the bottle. So I would recommend that, you know, just do, don't put any ointment and all of that. I would not recommend that. Right. So I personally feel, See you share good evidence based information. Thank you so much Aisha. You know, because I don't think you know, because see you're trying to fix one problem, you don't want to create another problem because when you put all this ointment and bitter stuff and all, you're losing the trust of your child.

Speaker 1: So you know, just to get one problem solved, you should not be creating another problem. And the other problem is a long term problem. So don't get into all that, you know, bitter stuff and all that. It's not good for the child. It's not going to make you feel good as a mother. So just do this and prepare yourself that you know, you'll have to go through that pain of seeing your child cry for a week but after that and you're doing it for your child.

Speaker 1: Like you want to do it for your child because you want your child to switch to solids. So you're not doing it because you're a greedy mother or a selfish mother or anything like that. But you're doing it because you want to switch your child into better healthy eating. And you also want to get some time for yourself so that you can do better for your child. Right? So I hope all the breastfeeding mothers you got your answer.

Speaker 1: If that was useful, put you for useful Right now, thumb sucking. Again, if I were to be completely honest, there is no real solution for thumb sucking. The only way to reduce thumb sucking because the oral activity is high, you want to increase your physical proximity with your child, which means give them. Why do they suck the thumb is to pacify themselves. They use it as a pacifier. So it's a psychological relief. Now, why is this a trap?

Speaker 1: Because when you are taking the thumb out, what happens is they are feeling more agitated, they're feeling more irritated. So psychologically they're even more desperate for the thumb. So if you want to remove the thumb suck, you can't completely eliminate it, but you can reduce it by increasing the hugs, kisses, the physical proximity, keeping their hands engaged.

Speaker 1: So those are a few things that you can do. Same with nail biting. Nail biting is because of tension, stress, sometimes it's a habit. So again, you just have to gently remove it and tell your child this is, you know, you can tell them it's germs, it's not good for you. And all of that, you can keep telling, but slowly, slowly it would go away also. So no nail biting. You don't have to be worried. It's not like a permanent thing.

Speaker 1: But if your child is biting the nail way too much, you want to see, are you putting too much pressure on your child for results that, you know, things should be done in a certain way. So if you are doing that, you want to release the pressure and not pressurize your child too much. Right? So that's one thing.