

Baby Weaning - When To Wean Your Baby



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When To Wean Your Baby When should you wean your baby? There are many different theories on this process and it can be one of the most often asked questions to a paediatrician. Even they may not be able to tell you when the process should be started. The fact is, many mothers need a specific guideline that tells them when they should just stop. There is not one of those guidelines available. The fact is, it takes a great deal of time to make this baby weaning process happen and no one can tell you when to stop breastfeeding. In the United States, it is estimated that only about 20 percent of babies are still

nursing at six months of age. This is a very low number. When you compare this to most other nations, you may find that the differences are quite striking. For example, in most European, Asian and African cultures, babies will breastfeed until they are between two and four years of age. Many of the mothers in these countries would see stopping breastfeeding so young as is done in the United States by most mothers to be very wrong. Why should you keep going or why should you stop? There is no evidence that there is any harm to a child that is breastfed longer. There are many benefits to breastfeeding longer, though. You will find that the child is getting the nutrition they need. You will also see that even if you breastfeed your child just one time a day there is a benefit in this. Culturally people in the United States have put a black mark on the process of breastfeeding past a few months but this does not have to be the case. As a parent, keep in mind why you chose to breastfeed in the first place. The nutrition is ideal for the child. The bond that forms between you and the baby is incredibly strong. Most importantly, you have developed a child that has come to see breastfeeding as a process that keeps them comfortable and secure. The process of baby weaning is one there is no time limit on. Consider what is right for your child individually rather than looking for a goal outside of this. Ultimately, you should encourage your child to make the decision by watching to see what he or she needs rather than going with what your friend has told you is appropriate for them.

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