



# Breastfeeding...

## after the first six months

### Can I breastfeed my older baby?



Yes. Your breastmilk will help to keep your older baby healthy. Your baby will also enjoy nursing when he or she is tired, sick or unhappy.

At about six months of age your baby will need solid foods along with breast milk.

### Can I nurse when I am pregnant?

Yes. Breastfeeding your older baby will not hurt your unborn baby.

You may notice that your nipples are tender and that you make less milk. The taste of the milk may change and some babies will stop nursing when this happens. Others do not mind and keep on nursing. You or your baby may choose to wean at this time.

If you are nursing and pregnant, you will need to eat lots of healthy foods. You will also need to get plenty of rest.



## Can I nurse my older baby after the new baby is born?

You can nurse your older baby when your new baby is born. It is important to meet the needs of your newborn. Nurse your new baby 8 to 12 times a day.

Other mothers who have nursed two children at the same time can give you good ideas about how to do this. You can call La Leche League or a local breastfeeding support group for more help.



## What if my baby loses interest in breastfeeding?

Most babies between the ages of 5 and 8 months become interested in the world around them. They may seem to lose interest in breastfeeding.

You do not have to wean at this time.

Try breastfeeding when the baby is sleepy. Warm, close contact and feeding in a quiet spot will help. Try unplugging your phone and turning off your television.

## When should I wean my baby?

There is no right or wrong time to wean your baby.

The choice of when to wean is very personal. It can also be a very emotional time. It is natural to feel some sadness. You and your baby may decide together when to wean. Often mothers are ready first.



# How do I wean my baby?

If your baby is younger than twelve months, you will need to ask your doctor or Public Health Nutritionist what to give your baby instead of breast milk.

Be kind to yourself and your baby.  
Wean as slowly as possible.

Once you decide to wean, try these helpful hints:

- Stop one feed at a time. It is easiest to stop the feed that your baby wants the least. Wait a few days before you stop the next feed.
- Distract your baby before the usual time for a feed that you wish to stop.
- Have someone else feed the baby. Your baby may refuse to take a bottle or a cup if you are around.
- If you wean a young baby to a cup, do not forget that he or she may want to suck. You may want to offer a pacifier.
- Feeding a baby with a spoon or eye dropper may help some babies who do not want a bottle or cup at first.
- Give lots of extra cuddles and attention.
- Try not to wean during times of stress such as when you or your baby are sick, or when there is a big change in your life.



## Should I wean if I go back to school or work?

Changes in your life, like going back to school or work will affect your breastfeeding.

This doesn't mean you have to quit.

Many mothers find ways to breastfeed part time. Your baby and your body will adjust to changes in your routines. You can offer as little as one or two feeds a day for as long as you wish. Both of you can continue to enjoy breastfeeding. Your baby can be fed expressed milk or formula when you are away.

## Will my breasts become engorged and leak when I wean my baby?

When you wean slowly, your breasts are less likely to become engorged. If your breasts do feel sore or tender, try expressing a small amount of breast milk to relieve the pressure. Cool cloths on your breasts may also help. Avoid putting heat on your breasts as this will increase your milk supply.

Some leaking is likely to occur, but it will resolve on its own. Keep breast pads handy. Some women may leak slightly for several months after weaning. If leaking stops and then returns later, see your doctor.



There are many people who can answer questions or help you with breastfeeding when you get home.

Some choices are:

- ☎ your Public Health Nurse
- ☎ La Leche League or Breastfeeding Support Group
- ☎ a breastfeeding clinic
- ☎ a breastfeeding consultant
- ☎ your doctor

Public Health Services

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