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Night Weaning - Proven Ways And Techniques To Stop Breastfeeding Your Baby Or Toddler To Sleep



Synopsis

A book from a mother for mothers is hard to come by. But, an author who is a postnatal care expert, a mum and has a lot of experience working with other mothers can be almost impossible to find. Fortunately, for all you mums out there, Victoria has all these bases covered and more. A book on night weaning a baby was long overdue! Volumes have been written on popular child birth and post natal care topics. Yet, it is surprising that few authors have paid attention to a crucial aspect of infant care, one that contributes to sleepless nights, fatigue and even relationship issues between parents – nighttime breastfeeding. Why should you be listening to this author? After 4 babies of her own and coaching several mothers in post natal care, Victoria Simon knows exactly what you go through when stopping those nightly breastfeeding sessions. Plus, the fact that she is a lactation consultant and parenting and breastfeeding coach simply adds to her repertoire as an expert on the topic. This is what you discover when flipping through the pages! Although the book is divided into 9 chapters, these can be segregated into 5 sections:

The questions: In Chapters 1 to 3, the author tackles the what, when and how of night weaning. It starts with an introduction that smashes right through the stigma attached to night weaning. Most mothers are understandably anxious about allowing their infant to go without nursing through the night. Then, there is concern over weaning too soon and the lingering guilt of leaving the baby without nutrition for a few hours of personal comfort. These 3 chapters will tell you why to consider night weaning, when to start and how long the process will take.

Strategies for all ages: Chapter 4 contains all the meaty bits. There are 4 step by step plans for night weaning that apply to babies of all ages, starting at four months and going up to two years. The last section also tells you what to do if things don't go as planned.

The impact: Night weaning is hard on both baby and mum. So, in Chapter 5, Victoria forewarns mothers on the negative emotions that will crop up along the way and offers helpful advice on dealing with the unsolicited advice that you are bound to receive. The second half of this chapter is about the effect of night weaning on the baby and it does an excellent job of preparing you for your infant's reaction to the change.

The reality of night weaning: By the time you are on Chapter 6, you will naturally be wondering if night weaning will help your tot to sleep through the night or rob the whole household of peace as your child wails away. Once again, you can count on Victoria to be brutally honest and she continues the trend when presenting the topic of how night weaning affects the production of milk in Chapter 7.

The night weaning cheat sheet: Finally, in the last two chapters, the reader is given handy information on what to do when all else fails and surefire tips that will make the night weaning experiment a success. Mothers who are panicking at the thought of damaging the bond they have with their child will find Chapter 9 particularly insightful.

How is this book different from other generic parenting guides? It

is very easy to dole out advice and most self help authors are guilty of using the "this is right and that is wrong" tone. However, Victoria follows a different method and gives you a practical blue print of how to night wean your baby.âThe book makes no assumptions, so the author has included a separate plan for babies from four months to toddlers of two years of age.âIt prepares you for your own reaction to the change as well as that of your child.âThis is not a fail-proof strategy but the author has thoughtfully included information on what leads to failure and how to handle the situation. All in all, this is a comprehensive book on the subject and it is the only book you will need to find answers to your questions on night

Book Information

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Customer Reviews

I really struggled weaning my son from nighttime feedings when he was a baby and have a close friend who is doing the same. Since I don't have any good advice for her, I grabbed author Victoria Simon's latest book on the subject and read it before I passed it on. This is solid gold information on night weaning that doesn't leave any stone unturned. Simon discusses the timing for night weaning, strategies based on the age of your child, and various other aspects of the process. I loved that she

spends time on the emotional aspects of doing this as it is really a driving factor for many mothers. I can attest that this is working already for my friend so would highly recommend this book.

As a mother I've had to learn a lot of things by experience but it's better to be informed in advance and learn the right techniques. This is a really well explained and detailed book that explains well how to wean off a baby from breastfeeding when falling asleep. It definitely answered many of my lingering questions in an expert way, and it has alleviated many of the concerns I had. As a mother, I am so glad I read this one, the topic was nicely explored here and I came off learning so many things I didn't know before. Two thumbs up.

Could sum up in a page without losing any substance. One would've thought it's a pretty well established fact that there is no one size fits all solution, so the author would be well advised to provide some personal touch. Actual recommendations as opposed to generalities are rare and far between.

The book was packed with lots of detailed information that I'd definitely recommend to any new mothers. I trust the author as she has lots of experience and her tips have helped me out in many ways. She's definitely honest and very concise on her explanations. What's cool about this book is its layout of strategies that I can easily follow. I've often times find myself going back to this book for reference.

Just common sense knowledge. Nothing new. No specific methods for getting things done. I would not recommend. Not useful at all.

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