



Transition from breastfeeding to bottle feeding

Weaning off breastfeeding

If you want to reduce breastfeeding and let your baby get used to bottle feeding, it is best to do this in small steps. Try replacing one breastfeeding a week with a bottle. How quickly you reduce breastfeeding depends on how engorged your breasts are. If you are replacing breast milk with bottle feeding and have sore and tense breasts, it is better to express some breast milk, let your baby drink from your breasts to relieve the tension or let some breast milk drain away under a warm shower.

Pay attention to the signals from your body. Consider this a tool to determine how quickly you can wean off breastfeeding.

Bottle feeding

You are the person your baby trusts most to feed them, so it is a good idea to give the first bottle feedings yourself. Sometimes, your baby may not want the bottle from you, because they know your scent and expect you to breastfeed. In that case, it can help to have someone else give the bottle, such as your partner or an acquaintance.

Below you will find useful schedules for transitioning from breastfeeding to bottle feeding. It is best to continue breastfeeding in the morning for the longest, because a lot of nutrition is created in the breasts during the night. Allow the breasts to drain as regularly as possible during the day.

Schedule to transition from breastfeeding to bottle feeding with 6 feedings

Step 1	Breastfeeding	Breastfeeding	Breastfeeding	Breastfeeding	Bottle feeding	Breastfeeding
Step 2	Breastfeeding	Breastfeeding	Bottle feeding	Breastfeeding	Bottle feeding	Breastfeeding
Step 3	Breastfeeding	Bottle feeding	Bottle feeding	Breastfeeding	Bottle feeding	Breastfeeding
Step 4	Breastfeeding	Bottle feeding	Bottle feeding	Bottle feeding	Bottle feeding	Breastfeeding
Step 5	Breastfeeding	Bottle feeding	Bottle feeding	Bottle feeding	Bottle feeding	Bottle feeding
Step 6	Bottle feeding	Bottle feeding	Bottle feeding	Bottle feeding	Bottle feeding	Bottle feeding

Schedule to transition from breastfeeding to bottle feeding with 5 feedings

Step 1	Breastfeeding	Breastfeeding	Breastfeeding	Bottle feeding	Breastfeeding
Step 2	Breastfeeding	Bottle feeding	Breastfeeding	Bottle feeding	Breastfeeding
Step 3	Breastfeeding	Bottle feeding	Bottle feeding	Bottle feeding	Breastfeeding
Step 4	Breastfeeding	Bottle feeding	Bottle feeding	Bottle feeding	Bottle feeding
Step 5	Bottle feeding	Bottle feeding	Bottle feeding	Bottle feeding	Bottle feeding

Tips

- If your baby is not feeling well, it is better to wait a while before weaning.
- If your baby refuses the bottle, you can put some breast milk on the teat of the bottle, or give expressed breast milk in the first bottles.
- If your breasts are engorged at normal feeding time, you can relieve the tension by expressing some milk with your hand.
- Your baby is used to sucking hard on your breasts. Make sure they do not empty the bottle too quickly.
- Extra vitamin D is needed when breastfeeding and bottle feeding.
- When bottle feeding 500 cc or more, stop supplementing with vitamin K.
- Always stop supplementing vitamin K when your baby is 3 months old.

