

## **Accidental Holiday Weaning**

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**How can a mother accidentally wean her baby?** This often catches mothers by surprise. The fast approaching Holiday season comes with many demands on a mother's time and energy. Mothers of newborns are especially vulnerable to accidental weaning. It is often tempting to delay a feeding or substitute with something else. Mothers frequently forget to get sufficient rest or nourish themselves while making the holidays special for others.

**How can accidental weaning be avoided?** Keep the holidays simple and distractions to a minimum. Plan ahead and prepare as much as possible in advance. Family members can finish a task while mom feeds the baby. Wearing the baby in a sling or other carrier increases mobility while meeting the baby's needs. Breastfed babies can shop and run errands with their moms because their source of nourishment is always close by. Keep the trips short to avoid exhaustion. Shop on-line or from catalogues. Work around nap times, while remembering that moms need naps too. Choose clothing that allows easy access to the breast during activities.

Breastfed babies often travel well because their food is always available and safe. Some moms pump and store milk for those occasions when baby can't be there, like the annual work Holiday party.

If you find that you are suddenly not able to satisfy your baby's needs, stop and rethink or revise your activity level. A baby is little for a very short time. There will be plenty of opportunities in the future to expand your traditions.

Breastfeeding can continue happily throughout the Holiday season because...it is normal.

CCE offers breastfeeding support to their participants. For more information please call 315-331-8415.