

# Children Wean Naturally

All children wean eventually, even if a mother does nothing to encourage it. Like all baby behavior, children outgrow breastfeeding. In most cultures, natural weaning happens after years of breastfeeding, not months.

A gradual weaning is safer and more comfortable for both mother and child. No matter what the age, there are many strategies that can make weaning a kind and gentle experience.

## The Seven Natural Laws of Breastfeeding

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1. Babies are Hardwired to Breastfeed
2. Mother's Body is Baby's Natural Habitat
3. Better Feel and Flow Happen in the Comfort Zone
4. More Breastfeeding at First Means More Milk Later
5. Every Breastfeeding Couple Has Its Own Rhythm
6. More Milk Out Equals More Milk Made
7. Children Wean Naturally



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