



Lotus Lactation: The Step-Down Weaning Planner

Goal: A safe, comfortable transition for both parent and baby over the next 2–4 weeks.

Phase 1: The Initial Step-Down

Identify the sessions your baby is least attached to (usually mid-morning or mid-afternoon).

- **Current Number of Sessions/Pumps:** _____
 - **Target Number for Week 1:** _____
 - **Strategy:** ☐ Don't Offer / Don't Refuse ☐ Shaving minutes off pumps
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Phase 2: Dropping Schedule

Wait at least 3 days between each "drop" to avoid mastitis.

Date	Session Dropped	Physical Comfort (1-10)	Notes/Emotions

Weaning Comfort Kit Checklist

- ☐ **Cold Compresses:** Keep ice packs or chilled cabbage leaves ready in the freezer.
 - ☐ **Sage/Peppermint Tea:** Drink 2–3 cups daily to support drying up supply.
 - ☐ **Comfortable Bra:** Supportive but **not** a binding/sports bra that is too tight.
 - ☐ **Pain Relief:** Consult your doctor about using Ibuprofen for inflammation.
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New Bonding Rituals

Since you aren't nursing, how will you fill that "connection" time?

1.

2.

3.

The Celebration Plan

When the journey is officially complete, how will you honor your body?

- ☐ Buy new well-fitting bras.
- ☐ A special meal or "off-limits" treat.
- ☐ A piece of "breastmilk jewelry" or a commemorative photo.

If you experience a high fever, red streaks on the breast, or flu-like symptoms, contact your doctor immediately.

This document is for educational purposes and is not a substitute for professional medical or mental health diagnosis.

Lotus Lactation Services, LLC

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