

Tūtū and Me At-Home Learning

A real story + simple tips for caregivers



Weaning

Mia and Mason's Weaning Journey (age 18 months)

Before:

Mason still breastfed for comfort, especially at bedtime. His mom, Mia, felt torn. She cherished the bond, but with work starting back soon, she wondered if it was time to wean.

Now:

By watching Mason's cues, taking it slow, and creating comforting routines, they made the transition together gently.



for a deeper dive
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ICON**

What Helped Mia and Mason

	Mia dropped one feeding at a time and replaced it with cuddles, storytime or a warm drink.
	Mia offered poi, soft fruit and veggies so Mason was less dependent on nursing.
	Mia gave them both grace and allowed time to adjust. Some days were easy and others were harder.
	Mia's partner stepped in to soothe Mason through hard moments. Mason's stuffed bunny was also a good substitute for comfort.

You can try these tips with your keiki who is weaning from the bottle or pacifier!



Try one small change this week! Ask yourself:

- Is my keiki showing signs of readiness?
- Am I feeling physically or emotionally ready?
- Can I replace nursing or bottle time with something comforting?
- Who in my 'ohana can support this transition?



RESOURCES AND MATERIALS



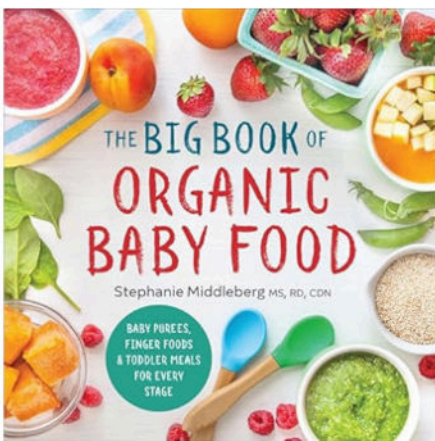
Highchair

Highchairs serve as an introduction to independent eating or a transition to the family table. Make sure there's a footrest for keiki, as that helps them stay still and comfortable.



Keiki Utensils

Introduce soft spoons and forks that are easy for keiki to grasp and use.



Caregiver Resource Book

Introduce your keiki to organic, homemade baby food with these recipes.

These resources support all keiki. If a developmental screening or assessment suggests a delay in keiki, caregivers should consult their primary care physician. Staff do not diagnose keiki, and any disclosed diagnosis from a caregiver will be kept confidential.