

Dianne ([00:22](#)):

Welcome to the badass breastfeeding podcast. This is Dianne, your lactation consultant.

Abby ([00:24](#)):

And this is Abby. The badass breaster. And this week's episode is brought to you by Boob butter. Boob butter is the first lanolin, Shea butter and bees wax free nipple cream. And it comes highly recommended by breastfeeders. And today's episode is also brought to you by fairhaven health. Fairhaven health is introducing a new product, the Sage personal moisturizer and lubricant. And we'll hear more about these products later, but right now, I want to tell you, first of all, before I hand it over to Dianne, that you can go to badassbreastfeedingpodcast.com, scroll down to the bottom and sign up for our email list. And you can have all of our episodes sent straight to your inbox so that you don't have to search us out. So if that's something that appeals to you head to badassbreastfeedingpodcast.com, you can also find on badassbreastfeedingpodcast.com our shownotes, which has details of all of our episodes. Now Dianne has our review of the week.

Dianne ([01:52](#)):

Yes, I have our review of the week. And this came from an email to the badassbreastfeedingpodcast@gmail.com. And this is from Gina and she says, "Hey gals, I've been breastfeeding my little man for eight months now, and it's been the best thing I've ever done, but also the most challenging. I love all things breastfeeding. I hope to get certified in lactation one day and just discovered your podcast and really loving it. Thank you for helping support women in their breastfeeding journey. Especially in the beginning, when breastfeeding is just getting started, we are so fresh and vulnerable. It's such a breath of fresh air to hear women supporting women and building each other up with reassurance that we are strong, powerful, resilient. I have shared your podcast with a few gal pals who are new to the breastfeeding game with brand new ones. Here's a picture of my Milky guy, James," and she did add a picture. He was adorable. And she said, "thank you, Gina." And that's the main thing. First of all, the picture is adorable. I can't even take it, but we, we are out here to like, totally build you guys up. We realized, we recognized that support is really, really important in this game. And sometimes you're not getting it from people that are right around you, so you can get it from us. We're going to support you. We have been there. We have totally been there. So go ahead, send us an email and review, if you want to on iTunes. We would love to hear your story. Love to hear what works for you. And thank you so much, Gina. And today's episode is actually going to like be another, like we hear you. We feel you we're here for you kind of episode.

Abby ([03:38](#)):

So the title, you're downloading it because you're like, "Oh my God, they're finally going to tell me how to night wean my child." So let me stop you right there. We are going to talk deeply and intensely about that. However, this is more complicated than just here's what you do. And then you'll be night weaned. We're going to talk about like what to expect and everything that goes into this. I want to tell you a lot of things, for example, if you think that you're going to night wean, and then you're going to get more sleep, we'll talk about why that's not true. You know, we need to, we need to work really hard to normalize night waking because it is normal and it is healthy and it is developmentally appropriate. You know, if your child is not sleeping through the night, that means that they're not ready to sleep through the night.

Dianne ([04:40](#)):

Our society, shouldn't be like, Oh, we're expecting your child to sleep. It should be, we're expecting your child to be awake. This is normal.

Abby ([04:54](#)):

So, so yeah. So we're going to talk about all these things. The reason why that we wanted to do this is that people are constantly messaging me saying my baby's waking up a million times a night, you know? I don't know what to do. I need to wean, it's too much. I need sleep. I'm so tired. I have to get up. I need to, I need them, I need to wean them. How can I wean them? So this is a topic that we really want to like get out there. I think it would be just great to have this out there that we can share around and always have for people. We need to normalize night waking. We're always talking in our culture. We are talking constantly, constantly about about sleeping through the night and how we get our babies to sleep through the night. And how do you do healthy sleep and all of this. And this is not based on child development because child development is they don't sleep through the night. People will be like, wow, my friend's baby slept through the night from six months. Okay. I don't know. Every baby is different. And there's always that baby that slept through the night from the first day they came out sleeping and they're still sleeping. I don't, you know, I don't have any answers for that. They're just, babies are different. And sometimes people are just, they forget, they forget, you know, you might talking to your mom, you slept through the night. She doesn't know. People don't remember, you know, all of the, all of that chaos, you know, of what it is to have a, have a baby. And that's just why we keep having more. Because if we remembered, we've never have more. So yeah, so, you know, night waking is, is healthy. It's, it's, there's reasons for it. Your baby is not developmentally ready to sleep through the night and that's because their brains are still growing. You know, this is why they are just naturally wired to breastfeed more frequently. And so that they stay in these higher levels are these less deep levels, shallower levels of sleep. This is all to keep them alive.

Dianne ([07:53](#)):

The other thing too, that I want to mention quickly about it is for some reason, the sleep and how Abby is saying developmental, that is a really important piece. I want everybody to remember it's developmental. It has nothing to do with breastfeeding. It's nothing to do with breastfeeding. And for some reason, everybody goes, Oh, if you weren't breastfeeding, your baby would sleep. Oh, if you do solids, your baby will sleep. Oh, if you just give formula at night, your baby will sleep. This is not a breastfeeding problem. It's just not a problem. Baby wakes up and want to breastfeed. Doesn't mean that it's a breastfeeding problem, right? It's not. It's not a problem. First of all. And it has nothing to do with breastfeeding. So, so say that you successfully night weaned. Your baby is still not going to sleep through the night. They're still not developmentally ready to sleep through the night. They're not going to so sit with that for a second.

Abby ([09:16](#)):

So we talked about in our boundaries episode, we talked about how this can be a nice, this is, you know, a step towards weaning, right? A lot of times people are like, I can't stand it anymore. It's out of control. I've been breastfeeding on demand for two and a half years and I can't take it anymore. So some boundaries around breastfeeding really helped me around that time. And I was like, somewhat, first of all, boundaries was a new thing for me, period. Like as you know, just a woman and you know, how people, certain people are raised and how, you know, like putting up boundaries for myself. So I'm putting up boundaries now, but I'm going to start with my baby. It felt so horrible, you know, and then, but we did that episode. So check out the boundaries episode, because this is where this is going to be hopefully in a way, a place where you can kind of shift your thinking on this. So some people will say like,

I just need my body back. I can't take it anymore. It feels out of control. And when, for me, that's how I felt. It brings up a lot of feelings to say no to my child, it makes you feel guilty. You feel ashamed, you feel all of these things. You can process this and work through this during the day, doing that at night is a whole different thing. Nighttime is a whole different ball game, you know, starting during the day with this idea of boundaries. And my point being is that a lot of times when people are like, I need to wean, I can't take it anymore. When you introduce the idea of boundaries, it's like, Oh, okay, I can manage this. I want it to make it, you know, two years or I want to naturally wean or whatever. Then when people, when you feel more in control, a lot of times people like, okay, okay, I can manage this. I can get through this, you know? And it, it makes it feel a little less out of control. Maybe even when you do get good at boundaries, you want to completely wean still. And that's fine creating those boundaries and doing that and getting good at that will help you to that goal too. So, so my suggestion is before any of that, you start with the daytime and the daytime boundaries are very straightforward. There's an episode on that. There's even, I have a blog post on it that you can quickly read the highlights on like, you know, things like picking the least important breastfeeding session of the day and starting to limit the duration of that. So you, you know, you sit with your kiddo and we're talking about older kiddos. So you're not creating boundaries and you are not night weaning an infant. So we're talking about, you know, I mean, even like, even at like one or two, I would say your baby is still a baby. I mean, every baby is different. Every child is different, you know? So you have to kind of gauge whether you think you're ready, but like before one is not, this is not what we're talking about. There are no boundaries before one really? And weaning, you know, I mean, if you wean, you know, certainly plenty of people wean at six months, but then you have to replace it with formula. You have to still feed them when they're waking up. You still have to be, you know, responding that way. So we're talking about older kids. I started doing that, you know, I probably would have started the daytime boundaries with Jack, maybe around like two, two and a half. I didn't know about it. So he was closer to three and he had a new brother. And so it was mass chaos. But with Exley and then I started that probably around like two or three, and I even started with a little nighttime boundaries was Exley, which I, I don't even remember what I did with Jack. But so that's, you know, we can talk about that too. And I'm talking a lot, Dianne tell me to shut up when you need to say something. Daytime boundaries look, something like taking that, you know, like I said, the least important, important breastfeeding session of the, and you have to decide, you're like, what is least important to me? You figure it out. What does that mean? You know, what do you think is the least important one? It's not going to be one at night. It's not going to be the one that goes to bed. It's not going to be the one first one in the morning. You know, I don't know something in the afternoon where you say, okay, you know, we're going to have, you know, boobies, whatever you call it. We called it boobies, which is so silly. I know, but you know, we're going to do this for the ABCs and then you sing the ABCs and then we're done. And like, it's going to take them a little while to understand, and they're going to get upset. And then you have to work through all of that, you know, go, if you don't know what I'm talking about, and you need to work on this, go to the boundaries episode and you can go through all of that work from there towards, you know, really comfortable with those, with those boundaries. Nighttime is totally different. If you, if your child is to naturally wean, as we call it, to wean on their own, decide when they're going to wean child led weaning, whatever we call it. The nighttime feedings are going to be the last ones that they will stop. If you have never done any boundaries, you've never done any kind of, you know, talking, you know, like anything like that with your child. And you're just going to start with the nighttime, you know, it's going to be really hard. And I, you know, it's going to be really hard either, either way.

Dianne ([15:48](#)):

Because this misconception, I think that people are like, well, if I just wean at night, I'm going to get more sleep. Breastfeeding is keeping me up. Breastfeeding is not keeping you up. Your baby is keeping you up. Being a parent is keeping you up. Having that baby and being the parent to that baby now is keeping you up.

Abby ([16:10](#)):

There's nothing that we can do to make your baby sleep at night. And when you do things that keep your baby asleep, when you try to overfeed them or, you know, you switched to formula cause you want, cause you've heard that it makes them sleep deeper. There's reasons why there are risks to these things, because that is not, that is a risk. This is a reason why formula is a SIDS risk, right?

Dianne ([16:38](#)):

That is not physiologically accommodating to your baby. No matter how much we want it to be. It's just not.

Abby ([16:48](#)):

Your neighbor's baby slept through the night at six months. You can't make your baby be the next door neighbor's baby. There's no way to do that. So you have your baby, right. And your baby needs different things.

Speaker 2 ([17:11](#)):

So a lot of times what we hear is I don't want to sleep train, but I need to get some sleep. So like, this is an alternative to that. Nobody wants to sleep train. I don't think I've ever met a mom who's like, Oh, I want to sleep train. I can't wait. I can't wait to sleep train. It's just not, you know, your baby needs you. And let's talk more about that after a word from our sponsors.

Speaker 2 ([17:48](#)):

We'll be right back after a word from our sponsors. This week's episode is brought to you by boob butter. Do your nipples feel like they are burning? But the burnout with boob butter, boob butter is the first lanolin, Shea butter and bees wax free nipple cream and comes highly recommended by nursing moms. They can't get enough of it because it's not sticky or thick and it's easy to apply. And most importantly, it hydrates and softens your nipples, making breastfeeding more successful, and less painful for you. It's safe for babies and doesn't need to be washed off before nursing. The special recipe uses cupuacu butter as a vegan alternative to lanolin to deeply hydrate, to deeply hydrate the nipples, leaving them supple, soft and intact. Now you can be CMO chief milking officer without worrying about the painful cracks and dryness. Let boob butter help make bonding and connecting with your baby possible by keeping the unwanted soreness away, head to boobandbaby.com that's boobandbaby.com and save 10% off with your promo code Badass10.

Abby ([19:06](#)):

And today's episode is also brought to you by fairhaven health. Fairhaven health is excited to introduce Sage personal moisturizer and lubricant, the newest product in their vaginal care and comfort collection products designed to support vaginal health through every life stage. Sage is designed to replenish your natural lubrication and provide temporary relief from vaginal dryness. Vaginal dryness is most common in older women. There are a handful of other factors that lead to vaginal dryness, breastfeeding, some antidepressants, some fertility and cancer medications, stress, and even exercise. As with all their

vaginal care products Sage is made without estrogen, parabens, glycerol or coating oils, check out Sage and all the other vaginal care products at fairhavenhealth.com and use promo code badass for 15% off of your purchase.

Abby ([20:06](#)):

And all of our sponsors can be found in the show notes at badassbreastfeedingpodcast.com. Just head to this episode, scroll down, you'll find the direct links to the sponsors, their promo codes. You'll find our show notes and you'll find breastfeeding resources. And you will also find information about scheduling your lactation consultation with Dianne. I have this week's shout out of the week. And this shut out of the week is going to go to [@blackmomsblog](#). So Black moms blog, you can find them on Instagram. You can also find blackmomsblog.com. But specifically on August 23rd, there'll be holding a nurseathon, a virtual nurseathon, and it's an educational celebration to encourage Black breastfeeding. And you're going to find speakers like there's like 20 speakers, many that you've heard of. There's Vanessa Simmons from normalize breastfeeding Blactivist Ashley Wright, these are people that are going to be speaking along with a whole bunch of other people during this nurseathon, August 23rd 11 to 5:00 PM Eastern. They'll be talking about strengthening the bond between mom and baby inverted nipples and tongue ties, breastfeeding during teething, supplementing and what to do early bonding. So check them out. You can register for this event at blackmomsblog.com and you can also check them out on Instagram at [@blackmomsblog](#).

Dianne ([22:14](#)):

The only thing I want to make sure I say, which I'm sure you're going to say too. And I'll probably say at the end, just to enforce, is that when doing any kind of boundaries with your child, you need to really be consistent with these boundaries. It can't be like, okay, today I'm going to do it and enforced that. But tomorrow, gosh, she looks so cute in little overalls so I really just can't be an enforcer today. You know, like you have to enforce those boundaries and you have to be consistent with them. And that's the only way it works and your child is going to push back because that's what they do. They're not going to be happy about this. And that's okay.

Abby ([22:51](#)):

That's part of the whole thing of like, of, that's why I'm saying like working on this during the day is going to help prepare you for the pushback at night because they're going to be so upset and you are going to have to be consistent and you are going to have to push through that. And you're going to have to come to terms with your feelings about their feelings, which is a good preparation for the rest of your life.

Dianne ([23:16](#)):

Oh my God. Yeah. That's like an understatement.

Abby ([23:19](#)):

Yeah. I mean, like Jack got something in his eye yesterday and it was like two o'clock in the afternoon. And I think it just ended up whatever it was like scratched his eye because he says it's still hurts today, but he cried until 9pm. He cried from two o'clock in the afternoon until he went to sleep at nine o'clock at night. And I mean, he just was so upset and crying. And I was just like, I was just as upset. I was cycling through like, you know, feeling empathetic, to feeling annoyed, to feeling I can't handle your feelings anymore. This is just the beginning of like your baby crying. Because you said, no, you can't have booby right now, feelings are really hard to handle. And then, because we can barely handle our own, it's just a

lot going on. So I think daytime, you know, practicing that during the daytime is going to help. And like Dianne said, of course being consistent. And we talk, I think we talk in depth about, you know, dealing with our own feelings during that, in that daytime boundaries episode. But a little bit about like, again, back to normalizing night waking you know, the nighttime feedings can be very different than the daytime feedings too. Just like the feedings themselves, the nighttime feedings are very important, so your baby's not just being annoying. Oh my God you ate all day, you're still hungry? A lot of times for kids, especially toddlers, are really busy, they're getting a lot of the milk at night because they're so distracted and they're so active during the day that a lot of the milk that they're getting is at night, you know, and the night feedings are really important for your milk supply. Nighttime is very differently experienced by them as well, just because of the way that we are wired to our ancestors, that were walking around with wild animals. Nighttime is a time of needed extra security. And you know, of course these things can be worked around if you really need to night wean, but you're still keeping your child close. But again, like what I said before, if you're naturally, if you're going to naturally weaning, just keep in mind that if you were to do that night, the night nursing sessions would be the very last to go. Even though it's the first ones that we want to stop, they would be the last ones that your baby would stop.

Dianne ([26:07](#)):

And don't forget, your baby is waking for reasons that don't have anything to do with milk too. Like it's, it's so true that they are distracted and busy during the day that they're probably, you know they need to have those night feeds to kind of like, you know, for those calories. But there's also situations where your child did eat enough during the day and waking has nothing to do with the food. It could be that they are teething and uncomfortable. It could be that something woke them up. It could be that they need a diaper change and now can't go back to sleep. Like there's a lot of reasons why your baby wakes up during the night. I mean, there's a lot of reasons why we wake up during the night. So try to think about it. Like, okay, it's not just a food thing. And I don't know how many times we say that. And it still just doesn't resonate with people that this is not always a food thing. It's just what they need at that moment.

Abby ([27:01](#)):

So a lot of times people we're like, I can't take it anymore. I need to night wean. And so I'm stopping tonight. And then the child is like so upset and then the whole house is awake. Like tonight is, your cutoff. And then the child is so upset and then the parents are so upset and then the whole house is awake. And then they're just like, you know, you're like, Oh my God, I've created a monster. You know, like I've created this bad habit, you know, because now they just won't go to sleep without nursing. Nursing to sleep is normal and a totally natural thing for your baby to do. That's how your baby knows to go to sleep. So I know Dianne said this before in the weaning episodes, if you're going to wean, you need to replace it with something else, but you can't just give them a lollipop and expect them to be happy. The transition from breastfeeding to another way of being comforted to sleep takes time, you know? And when Exley was a little bit older, I'd say he was probably like, I don't know, three or something. I started feeling that night stuff, I was just like, Oh my God, I can't lay in this position any longer. And so, you know, a lot of working on some of this stuff during the day at night, I started to say, okay, Exley we're going to have boobies for one more minute. And then I'm going to put my arm around you. And it didn't go over well all the time, but eventually it did. And he would nurse for a minute. And then I would say, okay, I'm going to put my arm around you now. And he would unlatch and turn around and I would put my arm around him and he would wake up maybe a little while later and we do the same thing, but I was getting some time. I was getting him to let go. And so that helped, that was creating like a nighttime boundary for myself. The other thing too, just to keep in mind is that sometimes when night weaning

happens, weaning altogether happens because the nighttime nursing is so important to them that if they're not, if they start to not be nursing at night, they might just wean altogether. Not to scare you or anything. I know people are like, Oh, they're just telling us not to night wean. I just don't want you to be surprised. We're trying to bust some myths here, you know, around all of this, because time and time again, people say to me, how can I wean? I can't stand nursing and being awake at night anymore. And there's just a lot to unpack with that statement.

Dianne ([29:48](#)):

Yeah. And it's not an easy answer. Yeah.

Abby ([29:50](#)):

It's not. And it doesn't, you are not going to get more sleep. You know, if you're associating the night waking with breastfeeding and you think that stopping breastfeeding is going to make you get more sleep, it's not. Because they're still going to wake up. That's the thing is that breastfeeding keeps them often keeps them quiet and you know, at least, you know, a little bit settled. So I don't know, send me all the hate mail. That's fine. Argue with me. It's fine. I totally get it. People have different opinions about this is a hot topic,

Dianne ([30:23](#)):

And it's not in science books. There's no good answer. You know, when people really do want it, like, and I have people that reach out to me too. They're like, all right, this is it. What am I supposed to do? I can't take it. I, you know, I've had enough and it's like, you need to set up boundaries. But then they don't like that answer either because that's hard to do. That you will be awake more during this transition of, you know, trying to replace some of the night sessions with something else, like back rubs or rocking or something like that is going to take time. And you're going to be awake more. This has nothing to do with breastfeeding. This is parenting. This is an infant thing. This is a baby thing. This is a child thing. And you're going to have a lot of nights after you night wean when your child is getting older that you're going to be awake with them. It's just, that's just how it is. You know? I mean, you're just going to be awake with them. At eight, nine years old, there's going to be something happen where you're going to be awake with your child. It just happens.

Abby ([31:28](#)):

Yeah. I mean, Jack, Jack is nine. I'd say he's been sleeping through the night without waking, at least without looking for me. Since maybe like a year, Exley is six. He still wakes up at night and tries to, and wants to know where I am. He doesn't nurse anymore, but he wakes up because he's six, you know? And, and I think that, you know, a lot of this, we think it's not normal when kids are not sleeping through the night very early, but actually normally, and biologically and physiologically, they're not sleeping through the night until they are much older. And this is such a misconception in our culture. This is a big fat lie.

Dianne ([32:13](#)):

We don't sleep through the night. I heard that last night and it woke me up. You just roll over and you wake up because you're uncomfortable. Whatever, your baby does the same thing, your toddler, your kids, like they do the same thing.

Abby ([32:30](#)):

We go in and out of sleep stages. You go up and down, you go into deep sleep and then into light sleep and you do this all night. You're not in like, you're not unconscious when you go to sleep. I mean, you shouldn't be, maybe some people are. Nursing all the time, nursing on demand since the time of birth is a lot. So I do suggest boundaries because I think boundaries can help people reach their breastfeeding goals. Because they feel more and more in control and you feel like more in control of your body. And they also, if you do that and you're like, Nope, sorry, Abby, you're wrong. I still want to wean, fine. Now you have your Avenue, you know, now you have your path now, you know how to do it once you get good at those boundaries. Dr. Jay Gordon is a pediatrician who's like a big breastfeeding guy, but he has this like gentle night weaning kind of method. So I'm looking at it right here. I'm not going to read the whole thing to you, but I can link this if you're, if you want to look into this and start something like this. So it's, you know, it's things like, you know, choosing a chunk of time at night that you, he suggests choosing a seven hour stretch, you know, whatever that is, you choose. So for the first three nights, if your child wakes during those hours, that you've blocked out, he suggests comforting them, you know, without feeding them by rubbing their back or rocking them or anything like that. So, you know, I worked with a sleep consultant and, you know, we were working with Exley with a lot awake a lot at night. And he was really having a hard time settling, which was not a feeding problem. It was just, you know, Exley. And so she was like, try, you know, before feeding him, you know, try rubbing his back, try doing this. It never worked. I'm not saying that this isn't going work for you, but I'm just saying, this is written very clearly. Like things are not going to play out like this. You know, it's going to take work and it's going to take time. You're going to go through that first night and you're going to be like, this doesn't work. Maybe it won't work well for you. Maybe it works well for somebody else. So that's another thing to remember with this is that, you know, it's just not going to go as smoothly maybe as you want it to. You need, you only feed the child again, once they've fallen back asleep without being fed, and then they wake up again. I know it sounds very confusing. It's much easier to follow when you're actually reading it. So you're repeating that for the first three nights. He says, it's okay to nurse them if they get too upset. So he certainly takes that into consideration too, which I appreciate because there are some ways like cry it out or whatever, which there's an option. You just, you know, cry it out. This is the reason why we're not even like talking about that is because I don't promote that. I don't support that and I don't support, I don't support it. So I'm not saying like, Oh yeah, you go ahead and just cry it out. And then they'll go back to sleep, which is true, but you know, there's consequences. And I just think it's like, mean, and it's not, you know, there's so much research around it if anybody wants it.

Abby ([36:20](#)):

Then the second three nights you will see then you move on to like stop offering the nursing and then you just do the back rubbing. He has more of like straightforward steps for you. If you want to do that, I'll link it so you can read it. And there's also a book called nursies when the sun shines and it's a really cute book. It's a kid's book, it's for kids and has a little thing in the back for you to read about like night weaning and gently night weaning talking to your child about it, about like how the boobs are going to sleep now. And then you can see how they wake up in the morning. And the book is very cute. My kids at nine and six, like still really like the book, they get very excited when it's daytime and the boobs wake up. Even though neither one of them nurse anymore. So it is cute. It is something that you can like work with your kid to kind of get used to the idea of not nursing at night. But again, they need to be older and it's a process.

Dianne ([37:51](#)):

And I also want to say too, before we go, that this should not be something you're doing alone, you know, and involve your partner with us. If you have a partner there with you at night and this, you know,

you can send your partner, you have your partner to the back rubbing, have your partner, do some of the cuddling. If that, you know, is going to be soothing for the baby or for your child or for your child until, you know, you need to go ahead and nurse again, while you're going through this process. Like I have a lot of people, sometimes they will suggest that to people. Well, you know, how about you send your partner in or how about you have your partner try to engage with, and they go, Oh no, my partner's asleep. Like this was a family thing, wake them up. This is family thing. Sometimes we know that children respond differently to different parents. So if they see you sometimes that's what they want is to nurse because they know that that's their comfort and that's what they're getting, you know, that's, that's what they want to do with you. Sometimes if you have your partner go in, that will help.

Abby ([38:58](#)):

And to make all of this easier, I highly suggest bed sharing and, you know, send all the hate mail about bed sharing, but the science does not support that. Science supports the safety and reducing of risks with bed sharing, safe, bed sharing which you can find, we can also link and you get more from, and you get more sleep and the baby's there. There's different options for like, co-sleeping, if you're, if you want to put, you know, just the crib in the room, or you want to sidecar the crib to the bed, or just bring your baby in bed, don't believe all the hype, you know, there's bed sharing is not unsafe, unsafe bed sharing and unsafe sleep spaces are unsafe, but this is a normal, natural occurrence throughout human existence. And it helps people get more sleep. I think that I was going to say something else, but I don't remember what it was.

Dianne ([40:11](#)):

Here's a lot to this topic. Tell us what you think and you can, we know we're going to link a million things for you to read further about this. You know what, maybe you're somebody who's been through it and you have some tips to share. We would love that. You know, we would love it. If you want to send in what you did that worked well for you. And we will share that too, because you know, you can't have enough helpful suggestions when it comes to a topic like this. It's kind of solidarity, you know, like we don't have the answer, the direct answer for you, or the quick answer or the answer, but we've been there.

Abby ([40:51](#)):

I know what I was going to say now. So we got to the point. So I had Jack and Exley was really little, he was like still a baby under one, I think. And I would be upstairs nursing Jack to sleep at night. And my husband would take Exley and like rocking in the rocking chair while I was busy. And then we would switch, you know, then my husband would, would bring me Exley and then I would lay with him to sleep, but Exley would already be asleep. Like he just got used to falling asleep in the rocking chair with my husband, you know? So you know, this is, it's like a routine that we just fell into. And so you're going to, you know, you gotta find these things at work, but it's true that, you know, they can, you know, they will kind of you know, in the middle of the night, you need help from your partner, wake them up. They can be participating too. They will fall asleep. And what a great bonding time for your, your partner really? You know, like, yeah. That's a good thing. Everybody should be involved. Everybody should be awake. Everybody should, everybody's awake.

Speaker 1 ([42:12](#)):

So good luck. Let us know if there's anything else and a happy world breastfeeding month.

Speaker 4 ([42:26](#)):

Bye. Bye.