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February 5, 2007

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## Nighttime feedings can stop at six months

Jan. 16, 2007

Healthy babies six months and older should be able to go make it through the night without eating.

That's according to Nicky Cohen, a midtown Toronto clinical psychologist who is registering with the College of Psychologists and studies pediatric sleep.

Cohen said the medical community agrees that most babies should be able get through the night without eating at this age. But as babies are "hungry out of habit," Cohen suggested weaning babies off nighttime feedings rather than going cold turkey.

"Wean the amount of intake over four nights to give the baby a chance to make up the (food) in the daytime. Parents have a hard time eliminating the feedings cold turkey," and by weaning, it allows parents to be less worried that their child is getting enough to eat.

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