

A gentle guide to supporting mothers and  
toddlers through the weaning process

# The Magic Milk



**Eszter Perenyi**

Infant Mental Health Consultant/ Social Worker



**BUB**

Bringing Up Baby

Dear Mama,

CONGRATULATIONS on reaching this incredible milestone in your breastfeeding journey. Whether it lasted two weeks or two years, this transition is a big step that can bring a mix of emotions for both you and your child.

I originally wrote this book for my eldest child, Oscar, who was two years old when he weaned from breastfeeding. The transition was challenging for both of us, and as an Infant Mental Health Clinician, I wanted to find a way to support him emotionally during this significant change. So I wrote this book and it changed this transition from one of angst to something beautiful that we could talk through together.

When his brother Charlie came along, Oscar was at peace with seeing him breastfeed and proudly announced that he was already all full of Toto (as he called it) so he didn't need any more- he was carrying it with him forever.

This book is designed to be playful and interactive, but most importantly, it's here to support an ongoing conversation- one that begins when you decide to wean and continues through to your very last feed.

While this book is made for ALL MUMS who have breastfed, it's particularly helpful for toddlers aged 1.5 to 2 years (and beyond). This is because little brains at this stage are better able to comprehend and make sense of the ideas presented. That doesn't mean you can't start reading it earlier or use the ideas in interactive play! Just know that your little one may better internalize the concepts as they grow.

So, snuggle up and enjoy this special time together.

With love,  
Eszter





When you were born, my body knew  
Exactly what it had to do.  
It filled right up with magic milk,  
A milk made just for you.





As you drank, my milk went too,  
It went right up and into you!  
It filled your toes and then your knees...  
It gave your belly a little squeeze!





You squealed "hey mum,  
look up it goes!",  
It went past your chin,  
up to your nose,





Sip by sip we filled you up,  
To the tippy top,  
When you were full we turned and said,  
“I think it’s time to stop”



Although it's time for this to end,  
There's other ways our love extends,  
Through stories, cuddles and lots of play,  
I'll love you every night and day.



And no matter where you are,  
Whether near or quite far,  
With you the Magic Milk will stay,  
So it never truly goes away.



# Moment of Connection

On the next page, you'll find an infographic to guide you on a playful journey, adapting this story into an interactive conversation with your child.

The ideas presented are grounded in research from the field of infant mental health and draw on techniques that foster positive attachment and connection between you and your child.

To make the most of this experience, choose a moment when both you and your child are feeling happy and relaxed. You might hold your child, lie beside them, or even start the conversation during a breastfeed. Use a light, sing-song (prosodic) tone to convey safety and playfulness while discussing what can be an emotional or challenging topic for both of you. Make eye contact, smile, offer kisses, and engage in soothing behaviours that express your love and care.

If your child begins to cry, know that this is okay—it's a sign they are understanding and starting to process the changes. It's also natural for both you and your child to experience feelings of grief and loss during this transition. Be present, hold each other, and allow yourselves to feel the emotions as they arise. This has been a deeply special time in your journey together.

Remember, this is a flexible guide, not a strict prescription. Feel free to adapt it to suit your parenting style, your child's unique personality, their preferences, and their comfort with touch. Follow your instincts and let your love and expertise in what they need lead the way.



**BUB**





4

And you drank and drank all of mummy's milk until you were full all the way up to the very tippy top of your head!

(Gently tap the top of their head and give them a big cuddle- you might like to remind them that they are now all full and will keep that milk with them forever)

3

We even filled you up to your nose!

(You can give a little kiss on the tip of their nose)

2

Then we filled you up to your little belly button


(Keep walking those fingers up their little body- pausing to rub their tummy- all the way to their chin). Then the milk reached all the way up to your chin!

1

First my milk filled up your toes (tickle those toes)

Then we filled you up to your knees (you might like to walk your fingers up their leg to their knee, like tiny footsteps, adding a sense of fun and playfulness to the moment)





Weaning is a significant milestone in the breastfeeding journey, bringing with it a mix of emotions for both mother and child. This book is a gentle guide to supporting mothers and toddlers through the weaning process, this book offers a playful and compassionate approach to help families navigate this transition with love and connection.

Filled with practical tips, interactive ideas, and evidence-based insights from the field of infant mental health, this guide empowers mothers to create a nurturing and supportive experience for their toddlers. Whether your breastfeeding journey lasted weeks or years, this book is a heartfelt companion, offering comfort, understanding, and tools to ease the transition for you and your little one.

Let this book help you honor the special bond you've built, while gently embracing the next chapter together.



**BUB**

Visit us at  
[www.bringingupbaby.com.au](http://www.bringingupbaby.com.au)