



PACIFIERS: POSITIVE OR PROBLEMATIC

Parents desperate to soothe their cranky, tired, or inconsolable infants have been utilizing pacifiers for over one hundred twenty years. For as long as pacifiers have been given to infants in attempt to soothe them, there has been controversy regarding the use of pacifiers.

THE POSITIVES:

- Pacifiers can meet an infant's natural born need to suck
- Pacifier use shows evidence of decreasing the risk of Sudden Infant Death Syndrome (SIDS)
- Pacifiers are easier to give up than finger or thumb sucking.

THE PROBLEMS:

- Introducing a pacifier too soon or over-use can interfere with breast feeding.
- Prolonged use increases risk of ear infections.
- Prolonged use increases risk of poor dentition and cavities.
- Adults may perceive children who use pacifiers as whiny and needy.

**LIMIT PACIFIER USE
TO SLEEP AND
SOOTHING**

**WASH, RINSE AND
DRY THE PACIFIER
EVERY DAY.
STERILIZING IS NOT
NEEDED**

**DO NOT ATTACH
STRINGS, BEADS OR
STUFFED ANIMALS**

**GIVE UP THE PACIFIER
BY THE 2ND BIRTHDAY**

**DO NOT DIP PACIFIER
IN A SWEET LIQUID TO
ENTICE THE INFANT
TO ACCEPT IT**

**NEVER USE TO DELAY
NUTRITION**

RESOURCES:

**HEALTHYCHILDREN.ORG
SIDS.ORG
AAPD.ORG
WHO.INT
LLLI.ORG**



Supporting, promoting, and strengthening the profession of family childcare thereby enriching the lives of providers, children, families, and communities.

