



Pacifiers

Sucking is very normal for babies. It is how babies eat and feel safe. When a baby is not eating, the pacifier is better to use than a finger, a thumb or a toy.

Pacifiers will not give your baby a bad bite and your baby will stop using one sooner than a thumbsucker. It is easier to take away a pacifier than a finger or thumb. Babies may suck their thumb until they are three to five years old.

Thoughts on Pacifiers

- If you notice your child sucking their fingers or thumbs during the first three months of life, you can give your child a pacifier.
- Buy a pacifier with a nipple made of rubber so your baby's gums don't get hurt.
- Do not use the pacifier all the time.
- Sometimes pacifiers may cause other problems.
- Pacifiers do not last forever. Check the pacifier every day to be sure it is not broken. A child could suck a "ripped" pacifier and choke on it.
- Do not hang the pacifier around your baby's neck with a string. Your baby could choke.
- Choose a pacifier that looks like a natural nipple and breast.

If you have any questions about pacifiers, talk to your baby's health care provider, or a dental hygienist or dentist.