

What you need to know about pacifiers



A pacifier can be helpful.

- It may help reduce the risk of **Sudden Infant Death Syndrome (SIDS)** during sleep.
- It can **comfort your baby** during painful procedures.
- It **helps some premature babies** learn to suckle.

If used incorrectly, a pacifier can cause problems.

- **Newborns need to breastfeed frequently** to learn how to suckle and to help milk production.
- Giving a pacifier too early can **reduce the amount of milk produced**.
- If your baby is hungry, **do not give them a pacifier instead of feeding them**.

If you decide to use a pacifier:

- Choose the **right size** for your baby's age to avoid the risk of choking.
- Before the first use, **boil the pacifier for 2 minutes** to clean it.
- Wash the pacifier with hot soapy water after each use. Don't put it in your mouth to clean it. This can spread germs.
- **Check the pacifier for damage**. Replace it every 2 months, or sooner if it's cracked, sticky, or dirty.
- **Never dip the pacifier in honey or sugar**. This can make your baby sick.
- Using a pacifier can sometimes **cause ear infections** or **dental problems**.
- Limit its use to sleep times and comforting your baby.
- **Never make a pacifier out of a bottle nipple or any other object**.

If you use a pacifier clip:

- The ribbon must be **short (less than 22 cm)**.
- Attach it securely to your baby's clothes.
- **Never let your baby sleep with the clip**.
- Avoid clips with silicone beads. These beads can break and become dangerous.

Tips to calm your baby without a pacifier:

- Offer a feeding.
- Hold your baby skin-to-skin.
- Rock your baby in your arms or a baby carrier, talk softly or sing a song.
- Change their diaper if it's wet or dirty.
- Adjust their clothing if they seem too hot or too cold.

Remember: All babies cry; it's normal. Sometimes, despite everything you try, the crying continues.

If you need to take a break, put your baby in a safe place and seek help.