



Let's Talk About Pacifiers...

Early use of pacifiers may make it harder for your baby to learn how to latch and breastfeed. Early pacifier use has been linked to low milk supply and problems with infant weight gain.

Pacifier use in the breastfed infant should be delayed until breastfeeding is well established, usually around 3-4 weeks of life.

Soothing a newborn baby with a pacifier may mask feeding cues. Therefore, never substitute a pacifier for a feeding at the breast or try to hold the baby off longer between feedings with one.

The American Academy of Pediatrics (AAP) states pacifiers during the neonatal period should be limited to specific medical situations, including pain relief and or as part of a structured program for enhancing oral motor function

After breastfeeding is well established, offer your baby a pacifier when going to sleep. The AAP recommends the use of a pacifier while going to sleep around the 2nd and 3rd months of life, when the risk of sudden infant death syndrome (SIDS), is the highest.

