



Breastfeeding Committee for Saskatchewan

www.thebcs.ca

Important:

Mothers need baby suckling in order to produce milk and to keep a good supply. Soothers may take away suckling time at the breast.

Babies need to learn how to breastfeed. Soothers may interfere with baby learning to open big and to have a mouth full.

Selective use and safe use is important for those parents who choose to use a pacifier.

For further information contact:

Local Public Health Nurse

International Board Certified
Lactation Consultant (IBCLC)

Local breastfeeding support
Group

Saskatchewan HealthLine 811

Pacifier Use and the Initiation of Breastfeeding

Using a pacifier (soother) in the newborn period may drop milk supply and interfere with latch. It is your baby's job to tell your body how much to make.

Pacifiers are often used to calm a fussy or crying baby. The breast is the best place to calm your baby.

It is normal for baby to look to the breast and their caregiver for comfort.

WAYS TO CALM A FUSSY BABY

- Crying is your baby's way of telling you they have a need.
- Babies often need to be close to mom, on her skin, and suckling for comfort. All of these needs are met at the breast.
- If your baby cries or fusses, put your baby to the breast. If not sucking, check to see if your baby needs a diaper change or a burp. Try walking/carrying or rocking your baby gently. These motions are soothing to babies. A safety approved baby sling is also recommended.
- Avoid loud and sudden noises. Play soft, soothing music. Sing or hum and turn off the television.
- Give your baby a warm bath and try to stroke or massage his or her back, arms and legs. Cuddle baby skin-to-skin.
- Take your baby for a stroll, car ride or use an infant swing for short periods.

REASONS NOT TO USE A PACIFIER REGULARLY

- Your baby may not feed enough which can drop your milk supply
- For healthy growth & development, your baby needs to bond with loving caregivers
- Pacifier use can interfere with how teeth come in
- Pacifier use is associated with ear infections and diarrhea
- Baby may be or become allergic to latex
- Choking hazard.



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References:

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2. Gale & Martyn (1996) Breastfeeding, Dummy use and adult intelligence. *Lancet* 347: 1072– 75 APR.
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9. Castilho, S. & Rocha, A. 2009. Pacifier Habit: history and multidisciplinary view. *J Pediatr (Rio J)* 85(6): 480-489
10. American Academy of Pediatrics: (www.aap.org) 2014
11. Majorana, A., Bardellini, E., Amadori, F. et al. Timetable for oral prevention in childhood—developing dentition and oral habits: a current opinion. *Prog Orthod*. 16, 39 (2015) doi:10.1186/s40510-015-0107-8

Additional references:

- Le Leche League Canada: (www.lllc.ca)
- www.drjacknewman.com

IF YOU CHOOSE TO USE A PACIFIER:

NOTE: Soothers are not recommended for full term healthy babies until 4 – 6 weeks of life when breastfeeding is well established and it is important to discontinue them as early as possible.

- If your nipples become sore or baby is not gaining well, discontinue pacifier and call for help.
- Select a safe, one-piece pacifier that has a soft nipple (soft enough to flatten out against the roof of mouth when sucking). Clean pacifier following manufacturer's instructions.
- Do not use a pacifier to replace or delay meals. Offer only after or between feedings when you are sure your baby is not hungry. Remember babies feed frequently to grow well.
- Do not put pacifiers in your mouth. Germs may be transferred to your baby, increasing the risk of cavities later on as baby teeth come in.
- Never tie a pacifier to the crib or around your baby's neck. This is very dangerous and could result in serious injury or even death. Do not use soother clips with beads that could come loose.
- Do not use the nipple of a baby bottle as a pacifier – if it is sucked too hard the nipple can pop out of the ring and choke your baby.
- Check your baby's pacifier frequently for discoloration, cracks or tears in the rubber. Replace damaged pacifiers immediately.

There may be a medical reason if your baby fusses and cries frequently. If you notice an increase in this behavior or it becomes more intense, contact your doctor and have your baby checked.

NOTE: A pacifier might be recommended *by a health care professional, in certain situations, such as in the neonatal intensive care unit (NICU)*