

Pacifiers: Good, Bad, or Indifferent?

Why are there differing views on using a pacifier?
Is it true that breastfed babies should NOT use a pacifier?

According to the American Academy of Pediatrics (AAP), “Pacifiers can be invaluable in soothing babies as well as satisfying those who want to suck all the time. You need not worry about your baby developing a lifelong dependency on them.” The AAP feels that pacifier use may protect against Sudden Infant Death Syndrome (SIDS), however, they suggest that pacifier use be delayed until it is well-established.

Young babies like to suck. Sucking can calm and soothe a baby. Sucking also helps babies to organize their breathing. Babies suckle when they breastfeed; they can also suckle on a finger, their fist, or a pacifier.

Some research has shown that pacifier use in the hospital is associated with babies not breastfeeding for as long. **No one knows if pacifiers “cause” breastfeeding problems.** Other research has shown that when pacifiers are withheld from babies, their parents are more likely to supplement with formula to try and satisfy or calm their baby. A mother may feel like she does not have enough milk if her breastfeeding baby wants to suck more after breastfeeding.

Does this mean that a newborn should never be given a pacifier?

It is important to feed a hungry baby. Pacifiers should not be used to replace or delay breastfeeding. If a baby is feeding well and gaining weight well, a pacifier may help some babies to soothe themselves. Pacifiers are often most helpful in the early weeks or months when babies are extremely focused on sucking. However, not all babies want, or need, a pacifier.

If you do choose to use a pacifier with your baby, what type is best?

There is no research to guide us. When asked, our lactation consultants tend to suggest a round, long pacifier (like a standard bottle nipple) versus a short, flat one. This shape seems to promote a groove down the center of a baby’s tongue and may help with a shallow gag reflex. If breastfeeding is going well, it may not matter what specific kind of pacifier you use with your baby except that it should be one piece and have a base shield that is wider than your baby’s mouth (at least 1 ½ inches in diameter).

Other considerations when using a pacifier include:

- Do not coat a pacifier with any type of a sweet solution.
- Clean your baby’s pacifier regularly and replace a pacifier if worn in any way.
- Pacifiers should never be tied by a string to a baby’s crib, or around a child’s neck or hand.



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