

Parents want to give Pacifier

- Pacifiers can interfere with breastfeeding and can decrease milk supply
- The American Academy of Pediatrics recommends that pacifiers be delayed until 1 month of age to ensure that breastfeeding is well established before a pacifier is introduced.
- Pacifiers have been shown to cause nipple confusion- the baby sucks differently on a pacifier than the breast nipple, and may cause trouble with latching .
- Pacifier sucking in the first few weeks can lead to low milk supply. When the baby sucks on a pacifier then he/she may not feed often enough to help you make enough milk
- After 1 month of age, when breastfeeding is going well, pacifiers are fine.
- Parents may bring a pacifier from home but we do not supply pacifiers or recommend them in the hospital.
- Before using a pacifier you may want to consider....impact of pacifier on breastfeeding success (latch problems, nipple confusion, lower milk supply)
- If baby comes from NICU with pacifier... Tell parents that the pacifier was used in the NICU because of separation from mother and need to calm baby in the intensive care unit setting. "Now that your baby is doing better and is here with you, we do not recommend pacifier use until 1 month of age for breastfed babies"
- There are many ways to sooth a baby without a pacifier. (see handout "*Your Baby Night Owl*"- and "*Ways to Soothe Your Baby*")