

PACIFIERS



For babies to suck is a natural reflex. Sucking is how babies eat and feel safe. When a baby is not eating, a pacifier is better to use than a finger or thumb.

A pacifier will not harm your baby's teeth. It is easier for a baby to be weaned from sucking a pacifier than being weaned from sucking a finger or thumb¹. Children may suck their thumb until they are about 3 to 5 years of age. Try to get your baby to use a pacifier instead of his/her thumb.

Safe Pacifier Tips

- If you see your child sucking his or her fingers or thumb during the first 3 months of life, try giving your child a pacifier instead.
- Buy a pacifier with a nipple made of soft rubber to reduce gum soreness.
- Do not use the pacifier all the time.
- Do not dip baby's pacifier in honey or syrup.
- Look at the pacifier every day to be sure it is not worn or torn. A damaged pacifier can be harmful to your baby. A torn pacifier may cause the baby to choke.
- Do not hang the pacifier around your baby's neck with a string. The string could choke your baby.
- If you have questions, talk to your dentist or doctor.

¹1995-1999 American Academy of Pediatric Dentistry.

If you need help finding a dentist & have Medicaid, FAMIS Plus, or FAMIS call
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