

## Pacifiers

When the newborn roots, sucks on his hands or fists and/or fusses he is exhibiting feeding cues and needs to be fed. Non-nutritive sucking on a pacifier during the first few weeks does not provide the calories needed for infant to regain the weight he lost after his birth. Also the newborn needs food in order to stimulate him to begin to stool frequently and thereby decrease his chance of developing jaundice.

Research has shown that breastfed infants who use pacifier in the first month of life do not breastfeed as long and that the use of the pacifier has been associated with a lower milk supply. Engorgement and sore nipples are also more common if the infant uses a pacifier in the early weeks of life.

Infants who use a pacifier have more ear infections and are more likely to develop thrush in their mouths.

Prolonged use of pacifiers is associated with delayed onset of speech and increases the chance of the child requiring orthodontia (braces) because of the pressure of the pacifier against the roof of the mouth and front teeth.

If you do choose to use a pacifier when you are “nursed out”, then hold your baby close to you while you give it to him for a short period of time rather than simply using it to get him to sleep while he is in a crib or bassinet. Be careful that you do not become “addicted” to the use of the pacifier to keep your baby from expressing himself!