



## Offering a pacifier at nap time and bedtime is recommended to reduce the risk of SIDS.

*Suckling, either during breastfeeding or when using a pacifier during sleep, may help keep baby from sleeping too deeply.*

### How to safely use a pacifier:

- Use a pacifier that is free of toys or cords, and never attach a pacifier to your baby's clothes to avoid choking, strangulation, or suffocation.
- Do not coat the pacifier with sweet liquids or honey.
- If the pacifier falls out of your baby's mouth during sleep, you don't need to put it back.
- Finger or thumb sucking does not reduce SIDS risk.



If breastfeeding is going well, offer your baby a pacifier for naps and at night. How do I know breastfeeding is going well?

- Baby is calm and satisfied after feeding.
- There is no pain when your baby breastfeeds.
- Baby is gaining weight and growing well.



**ALSO IN THIS SERIES:**  
 Baby Behavior Crying  
 Baby Behavior Feeding Cues  
 Breastfeeding  
 Clear Crib  
 Special Health Conditions

### Let's Talk – Pacifiers

Offer baby a pacifier for naps and at night when breastfeeding is going well.

For content resources, visit: [dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep)

[dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep)



## Offering a pacifier at nap time and bedtime is recommended to reduce the risk of SIDS.

### Family and Caregiver Common Questions

#### What if my baby doesn't like the pacifier?

Not all babies want to use a pacifier. If your baby fusses or refuses the pacifier, don't force it.

Your baby may not take a pacifier on the first try, or even the second or third try. You can try offering your baby a pacifier again when your baby is a little older.

You can also try a pacifier when your baby is happy and calm during the day, so your baby becomes used to using the pacifier.

A good time to try may be right after your baby has been fed because your baby will be in a calm and happy state.

#### Won't using a pacifier interfere with breastfeeding?

It is important to remember that you should wait to introduce a pacifier until breastfeeding is going well. This means that your baby shows you cues that your baby is full, the latch is comfortable, and your baby is gaining enough weight.

It is also important not to use the pacifier instead of feeding. If your baby is showing hunger cues, be sure to feed your baby before offering the pacifier. There is research that shows that when pacifiers are used correctly, they do not affect breastfeeding.

#### Isn't using a pacifier bad for my baby's teeth?

You might hear that pacifiers are bad for babies or that they change how teeth grow. If you stop using the pacifier when your baby's permanent teeth come in, it should be fine.

Except when feeding, all types of sucking once permanent teeth have come in can affect teeth. The American Academy of Pediatric Dentistry shares that breaking the habit of using a pacifier is easier than ending the habit of finger-sucking.

It's also important to make sure that parents learn the baby's cues for hunger so that a pacifier is not offered instead of the breast, possibly decreasing the milk supply.



#### Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

For content resources, visit:  
[dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep)