

# Using a Pacifier



The 2022 American Academy of Pediatrics (AAP) recommends that parents offer a pacifier to their infant at naptime and bedtime. Using a pacifier may reduce the risk of Sudden Infant Death Syndrome (SIDS).

## **AAP recommends parents wait until breastfeeding is going well before offering a pacifier.**

Breastfeeding is going well when:

- Infant is 2-4 weeks old.
- Infant is gaining weight.
- Infant is peeing and pooping regularly.
- Breast engorgement has gone away.
- Latch is comfortable.

When using a pacifier:

- Offer pacifier to infant by gently rubbing their lips with the nipple to encourage sucking.
- Do not force infant to use a pacifier.
- If it falls out during sleep or the infant doesn't seem to want it - that's okay! No need to replace it in the infant's mouth.
- Do not attach pacifiers to clothing - especially during sleep.

Using a pacifier too early:

- Might make it harder for the infant to latch to the parent's breast.
- May hide infant's hunger signs.
- May lead to missed feedings.
- May decrease milk supply over time.