

Suggestions for Reducing Your Child’s Use of a Pacifier

To get your child to stop using a pacifier, try decreasing his use when he starts crawling (rarely use it); when he is starting to talk (only when you feel he really needs it); fade it out completely by age 3. Some suggestions to decrease your child’s use of a pacifier:

- Before trying to get rid of the pacifier, think about what else is going on in your child’s life (recent move, new baby, etc...); is this a good time?
- Slowly start to decrease time with the pacifier.
- Give the pacifier to your child during only specified times of the day, such as at naps or story time.
- Keep the pacifier out of sight.
- If others around your child are not using pacifiers, your child may be motivated to stop using his.
- Look for other ways for your child to comfort himself (e.g. favourite toy or stuffed animal).
- Use other ways to calm your baby, such as cuddling, massaging, reading, playing, rocking, or using music.
- Praise your child for other things (“nice painting”, “good listening”, etc...)
- You may also want to talk to your dentist about your child’s teeth if your child uses a pacifier past 3 years of age.
- Be Consistent! It may be hard at first but don’t give up. If you give in on occasion your child will learn that they will get what they want if they push hard enough.



- *(Source: “Getting Your Child Off a Pacifier”, Super Duper Handy Handouts)*