

Bye Bye Binky!

- Set limits about where and when a pacifier is used.
- Distract preschoolers with activities or other meaningful toys or objects.
- Keep the pacifier out of sight. Children often will find ways to calm themselves.
- Prepare children 4 years or older for the change. “In three days we’re going to be done with the pacifier and I know you understand and can do it.”
- Trade the pacifier for a special toy.
- Hold a ceremony to say good bye to the pacifier.



Resources for Dental Care

- Call 211
- **Snohomish Health District**
www.snohd.org

From the home page, find dental resources under Oral Health in the Community Health Division, or from the Index A-Z, select the letter “D” for Dental Care or “O” for Oral Health.

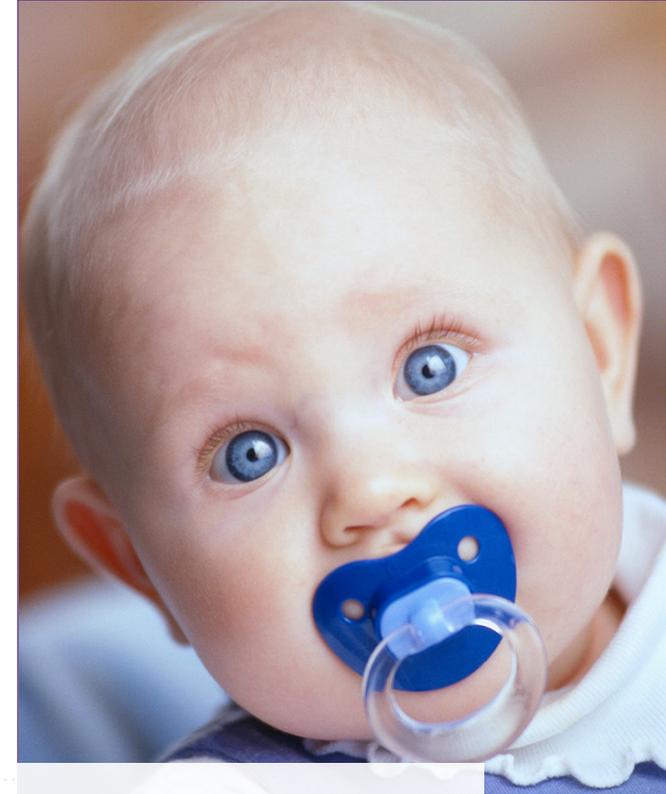
425.339.5219 (recorded line push ‘1’ to leave a message)
Ask about the list of dentists that currently accept Medicaid or provide low cost dental care.

- **WithinReach**
www.parenthelp123.org
Online eligibility for Medical/ dental coverage.

Snohomish Health District
Healthy Communities and Assessment
Oral Health Program
3020 Rucker Avenue, Ste 206
Everett, WA 98201-3900
425.339.5219

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Oral Health and the Pacifier



What parents need to know



The Great Pacifier Debate... to suck or not suck

Nah nah, sucky, paci, binky, nuk-nuk, tooky, plug---whatever parents and kids call them---pacifiers are a good tool, even for teeth, when used properly.

Pacifiers are most useful in the first year of life. Swaddling, rocking, massage or playing soft music are other ways to calm a baby and should be tried too. Pacifiers are much better than a bottle for sleep or comfort. Most kids will stop using a pacifier on their own between the ages of 2 and 4. Some may need help from parents to give up the habit. No permanent harm to teeth should happen during these years.



The advantages are:

- Pacifiers calm babies. Babies cry much less during their first year.
- Pacifiers reduce the risk of SIDS when used at bedtime.
- Pacifiers provide sucking without added calories and do not cause tooth decay.
- Pacifier use is easier to stop than sucking fingers.
- Pacifiers **do not** affect teeth until after the child's third birthday.

The disadvantages are:

- Early pacifier use can have a negative impact on breast feeding. Wait 4-6 weeks after birth, when breast feeding is going well, to introduce a pacifier. Some babies refuse to use a pacifier and that is okay too.
- Pacifiers may increase ear infections in some children
- Toddlers may talk less if a pacifier is constantly in their mouth.

Using a Pacifier

- Put the pacifier out of sight when your child is not using it to help them stop on their own.
- Never dip a pacifier in honey or sweets.
- Prevent strangling! Never tie a pacifier around your child's neck or onto a crib.



Buying a Pacifier

- Buy the proper size, one with a shield that is larger than your baby's mouth.
- Make sure the shield has at least two holes for air flow.
- Silicone nipples prevent allergies and growth of germs.
- Inspect the nipple often to make sure it is not damaged. Throw away nipples that have become torn.