



Pacifiers – a guide

- In the first few days, your baby will learn to suck on your breast. Therefore, do not give them a pacifier.
- If you want to give a pacifier, wait until breastfeeding is going well.
- Try to soothe your baby in other ways:
 - Talk and sing to your baby.
 - Carry your baby.
 - Place your baby on your bare torso.
 - Pet, massage, or bathe your baby.
- Sometimes your baby will want to suck on your breast when they are not hungry. This is normal.
- If you give your baby a pacifier, follow this rule:
As little as possible, as much as necessary.
- Do not force the pacifier on your baby. If the pacifier falls out, do not put it back in the mouth.
- After the 1st birthday, give the pacifier to your child only rarely. This will help your child learn to talk better.

