



Give no pacifiers or artificial nipples to breastfeeding infants

- A.** Babies are cared for without using a pacifier in the hospital.
- B.** If a pacifier is needed for a painful procedure, it is removed from parental view, such as placed in a drawer under the bassinet.
- C.** Mothers are educated on the “supply and demand” principle of milk production and encouraged to feed frequently.
- D.** Parents are educated to identify early hunger cues.

Bottles and pacifiers are commonplace in our society. Almost every doll comes with one, and they are “the symbol” for baby showers everywhere.

Many times, when a baby is unable to feed from the breast, a bottle is the first tool that parents and healthcare professionals turn to for feeding. When a baby cries, the pacifier is pulled out. But in the early days and weeks this can de-rail breastfeeding.

Early use of bottles and pacifiers may reduce the number of breastfeeds a baby attempts. This in turn reduces stimulation to a mother’s milk supply and can indicate feeding problems in the baby. The mechanics involved in sucking on a pacifier differ from the way in which a baby suckles at the breast. Infants who use pacifiers may feed less often and for shorter periods in a 24-hour period than infants who do not.

Using a pacifier to administer sucrose for painful procedures is acceptable, provided the pacifier is discarded after use. If, after a feeding assessment by a trained health care professional, a bottle is needed, parents should be taught paced bottle feeding. Any alternative feeding method should be used for the shortest period of time necessary.

This recommendation does not contraindicate pacifier use for non-nutritive sucking and oral training of premature and other special care infants.

Later, pacifier use is recommended for possible prevention of sudden infant death syndrome (SIDS). The American Academy of Pediatrics recommends that pacifier use be delayed until breastfeeding is well established - usually after 3-4 weeks of age. Once initiated, pacifiers should only be used when putting baby down to sleep and should not be reinserted after baby falls asleep.



Resources:

- [Texas Ten Step Toolkit](#) from the Texas Department of State Health Services, Nutrition Services Section
- [Academy of Breastfeeding Medicine protocols](#), especially #7 Model Hospital Policy and #23 NON-PHARMACOLOGIC MANAGEMENT OF PROCEDURE-RELATED PAIN IN THE BREASTFEEDING INFANT
- AAP Policy on [Breastfeeding and the Use of Human Milk](#).
- AAP Policy on [SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment](#).
- [Kellymom.com](#) has an entire page devoted to “tools for breastfeeding” with links to the resources.
- Kelly Mom has a good article on pacifier use for parents [“What should I know about giving my breastfed baby a pacifier.”](#)
- UNICEF UK webpage [“Infant Health Research”](#). Recent research articles on Baby-Friendly Hospital topics.