



## How to soothe a crying baby

Breastfeed first.

Hold your baby skin-to-skin (for babies of all ages).

See if your baby is hungry, tired, or cold.

Hold, carry, or walk with your baby.

Offer a clean finger for your baby to suck.

Try changing your baby or offering a nap.



Sudbury & District

Health Unit

Service de  
santé publique

For more information, call the  
Sudbury & District Health Unit.

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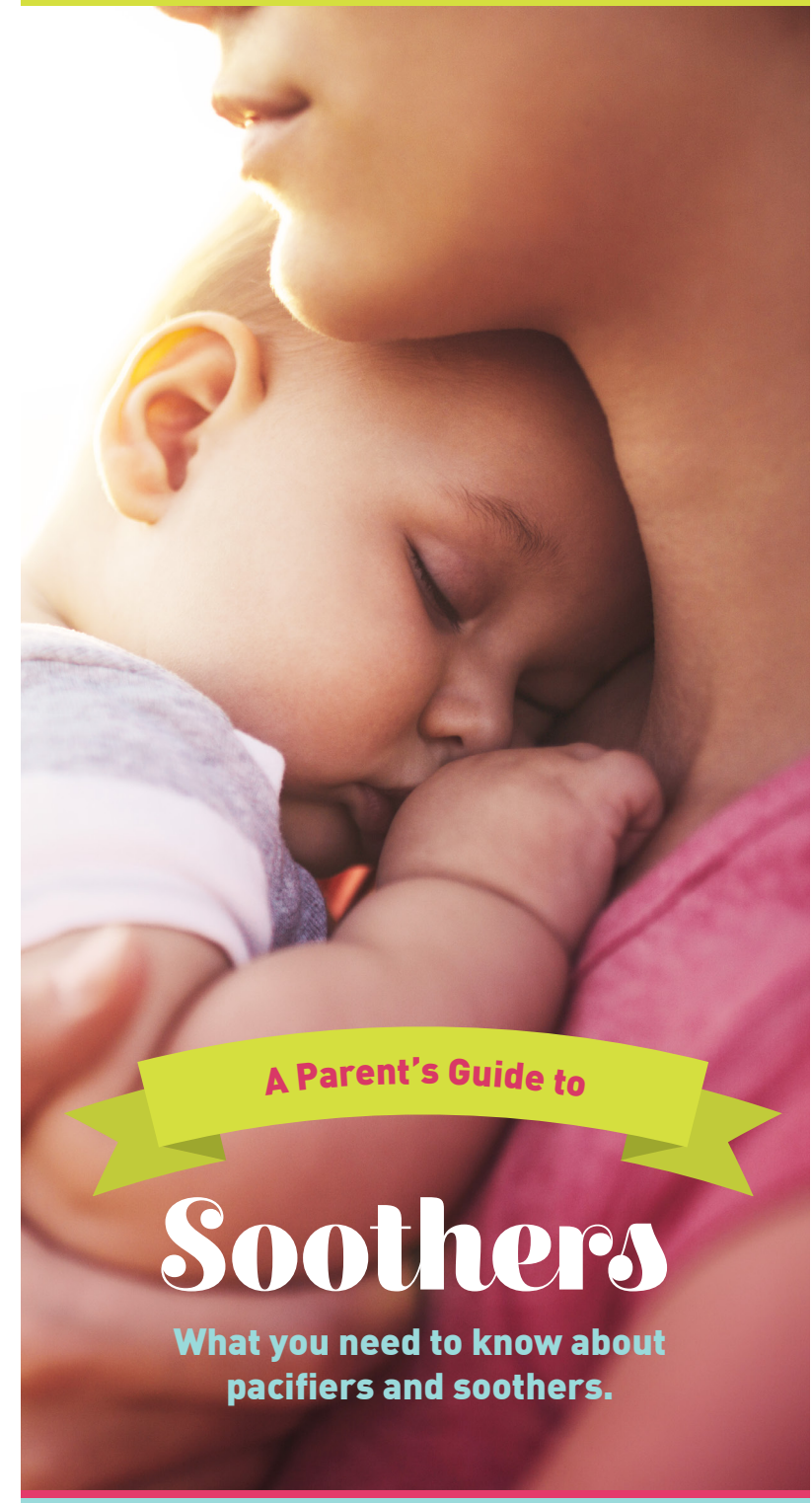
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**sdhu.com**

Caring For Kids. 2012. Pacifiers (soothers): A user's  
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Core Curriculum for Lactation Consultant Practice, 3rd  
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A Parent's Guide to

# Soothers

What you need to know about  
pacifiers and soothers.

## Soothers (pacifiers)

There are many things to consider before making an informed decision about giving your infant a soother.

Breastfeeding exclusively for the first six months and for up to two years or longer with appropriate solid food is recommended for the healthy growth and development of infants and toddlers. Soothers can interfere with successful breastfeeding.

### Risks of using a soother

1. Can decrease the time a baby spends sucking at the breast, which can affect mom's milk supply.
2. A soother is not nutritious and can impact a baby's growth if it is used to replace breastfeeding.
3. A baby could develop a preference to the soother and refuse to breastfeed, making exclusive breastfeeding more difficult.
4. Using a soother can interfere with exclusive breastfeeding, it can make the Lactation Amenorrhea Method (LAM) an ineffective choice of contraception.
5. If not cleaned properly, soothers can carry germs.
6. If not used properly, soothers can be a choking hazard.
7. Ear infections and dental problems are more common with soother use and can be related to abnormal oral muscle function.
8. Over using a soother can affect your child's ability to learn to talk and can lead to teeth problems.

## Things to consider for soother use

If you have made an informed decision to use a soother, here are some tips to consider:

■	Wait until your baby is breastfeeding well and your milk supply is established (around 4 to 6 weeks) before offering a soother. If you feel you need to introduce a soother at an earlier stage, talk to your health care provider.
■	Always make sure your baby is not hungry, tired, or cold before giving a soother.
■	Avoid using a soother to delay your baby's feedings. Always follow your baby's feeding cues.
■	Sterilize the soother by boiling it in water for 2 minutes before the first use. Allow it to completely cool down before giving it to your baby. After each use, wash it with hot, soapy water. Don't "clean" the soother by sucking on it yourself as it can spread germs from you to your child, including bacteria that can lead to tooth decay.
■	Always make sure the soother is not damaged and is free of cracks. Throw it out if it is damaged. Soothers should be replaced every two months.
■	Never let your baby or child chew on a soother. It could become damaged and cause choking and death.
■	Do not tie anything around your baby's neck, this can cause strangulation and death. Clips with short ribbons attached to them are safe to use and are available where you buy soothers.
■	Don't make your own soother out of bottle nipples, caps, or other materials. This can cause choking and death.
■	Children should not crawl or walk with a soother in their mouth.
■	Soothers should never be dipped in anything sweet. This can lead to tooth decay. Also, using honey can lead to botulism, which is a type of food poisoning.
■	Sometimes premature or sick babies like to suck for comfort. Talk with your health care provider or lactation consultant for help.