

Benefits Of Using A



Enables the baby to self-soothe, helping them relax and settle faster



Provides colic relief to the baby, facilitating comfort



Serves as a safer alternative to thumb-sucking, encouraging healthy tooth development



Reduces the risk of SIDS when used while sleeping



Assists tube-fed babies in a smoother transition to bottle feeds



Encourages non-nutritive sucking, shortening premature baby's hospital stay

References:

1. Risks and Benefits of Pacifiers; AAFP
2. Use and Care of Dummies; South Eastern Sydney Local Health District
3. Pacifiers (soothers): A user's guide for parents; NIH
4. How to Use a Pacifier; University of Rochester
5. Colic Relief Tips for Parents; American Academy of Pediatrics