

Weaning Your Child From The Pacifier

- ✂ Between birth to 6 months babies should use pacifiers only for calming purposes (i.e., calming down when upset, using to fall asleep).
- ✂ It is recommended that the pacifier be removed from the baby's mouth after he falls asleep.
- ✂ You can begin weaning your baby from the pacifier at 6-10 months of age.
- ✂ Studies show that in order to maintain adequate mouth development, children should be completely weaned from the pacifier by 12 months of age.

Steps to Weaning

1. Decide on a date you are going to start the weaning process (once you start, it is not recommended that you go back).
2. Select the "appropriate mouth toy" (see list below for ideas) that you are going to use to replace the pacifier with.
3. Introduce the appropriate mouth toy to your child and keep it where your child can chew it and/or drink from it whenever he wants (it may be a good idea to get multiple in case it gets lost).
4. When your child signals he wants the pacifier (i.e., it's time for bed or your child is upset and typically uses the pacifier for calming) offer the appropriate mouth toy instead.
5. Give your child praise when he is using the appropriate mouth toy (i.e., "Yey! You're chewing your chewy tube! That's so great!").
6. Continue praise and attention throughout the day when your child is using his mouth appropriately (i.e., babbling, smiling, talking, eating, drinking).

Appropriate Mouth Toys:		Where to Purchase:
	Taking sips of water from a cup with a straw or an open mouth cup	arktherapeutic.com, talktools.com, amazon.com, or drhoneybear.com
	Ark's baby grabber chewie	arktherapeutic.com, talktools.com, or amazon.com
	Yellow chewy tube	arktherapeutic.com, talktools.com, or amazon.com

Reference: Bahr, D. *Nobody Ever Told Me (or my Mother) That!* Arlington, TX: Sensory World: A proud imprint of Future Horizons; 2010: 111-115