



# Pacifier Recommendations

*Prepared by the Health & Safety Specialists at Child Care Aware® of North Dakota*

## Age Guidelines

- Pacifiers are recommended for children under 12 months of age to help reduce the risk of SIDS
- For children over 12 months of age, it is recommended to consider weaning from pacifier use before their teeth or the shape of their mouth could be affected.

## Guidelines for Use

- Do not use the ring and nipple from a baby bottle as a pacifier. The nipple may pop out of the ring and choke the infant.
- It is recommended to use a pacifier that cannot come apart, such as one solid piece.
- The shield between the nipple and the ring should be at least 1½ inches across and made of firm plastic with ventilation holes.
- Inspect pacifiers often to see whether the nipple is discolored, cracked, or torn. If so, do not use. Ask parents to provide a replacement pacifier to have on hand in the event the pacifier cannot be used or cannot be found.
- Follow the recommended age range on the pacifier, as older children can sometimes fit an entire newborn pacifier in their mouth and choke.
- Never tie a pacifier around a child's neck, wrist, or other body part.
- Pacifiers attached to stuffed animals/toys are not recommended and should not be used for sleep

## Guidelines for Clips

- Clips should be 7 inches or less in length
- Clips should be removed from pacifier for sleep to prevent strangulation
- Clips should be removed from clothing for diapering to prevent contaminating the pacifier

## Cleaning Instructions

- Clean after falling on floor or if mouthed by another child
- Wash with soap and water or in dishwasher. Using chemicals is not recommended to use on pacifiers. Submerging is not recommended.
- Check nipple after washing to make sure nipple is clear of liquid

## Storage

- Label with child's name
- Store open to air
- Keep separate from diapering area, diapering items, or other children's personal items

*Sources:  
American Academy of Pediatrics (AAP)  
Pacifier Business Guidance, CPSC  
Caring for Our Children, (CFOC), 4th Edition, 2019*

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