Pacifier Recommendations

Prepared by the Health Consultant Team 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 1-1/2 inches across and made of firm plastic with ventilation holes.
• Inspect pacifiers often to see whether the rubber 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.
• 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 are not allowed for sleep

Guidelines for Clips

• Clips should be 7 inches or less in length
• Licensing requires clips must be removed from pacifier for sleep
• It is recommended to remove clips from clothing for diapering

Cleaning Instructions

• Clean after falling on floor or if mouthed by another child
• Wash with soap and water or in dishwasher. 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

Revised 1/20