

American Academy  
of Pediatrics

Ohio Chapter



**Injury Prevention  
Initiatives**

# EASE MOC II: Module 10

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# Dummy (Pacifier) Use and Sudden Infant Death Syndrome

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# Background

- Non-nutritive sucking is a normal reflex in the fetus and newborn infant
  - Pacifiers can help with this reflex



# Background

- Several studies have shown association between pacifier use and SIDS risk reduction
  - Particularly in the peak SIDS age group of 2-4 months of age

# Possible Advantages

- Effects on autonomic control
  - Increased arousability from sleep
  - Increased periods of sympathetic activation
- Reduction in pain/crying during painful procedures
- Reduced hospital length of stay in preterm infants
- Increased airway size in infants with micrognathia

# Possible Disadvantages

- May be associated with decreased duration and exclusivity of breastfeeding
  - Though a recent Cochrane review argues against this
- Increased risk of acute otitis media
- Increased mother-reported rates of cough, wheezing, or gastroenteritis symptoms
- Increased risk of dental malocclusion

# Recommendations

- Pacifiers may be introduced in breastfed infants at 3-4 weeks of age (when breastfeeding established)
  - May be introduced at birth in formula-fed infants
- Should be utilized for all sleeps (nap- and bed-time)

# Recommendations

- Should be stopped by age 3 to prevent dental problems
- No pacifier attachments!!
  - May cause suffocation risk





- Thank you for completing this module!
- Please remember to answer all of the test questions to earn credit for this month!

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# Safe Sleep Initiatives

## ABCs OF SAFE SLEEP

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