

## Dummies / Pacifiers

The Royal Brisbane and Women's Hospital (RBWH) align with the principles of The Baby Friendly Health Initiative (BFHI). The RBWH and BFHI promote breastfeeding as the normal way to feed babies while respecting the rights of women to make an informed decision about how to feed their baby.

The RBWH recommend that dummies not be used for the well term baby whilst breastfeeding is being established. The RBWH does not supply dummies. If you choose to give your baby a dummy during your stay in hospital you will need to supply your own.

Babies feed frequently in the early days after birth, sometimes up to 10-12 times in a day.

Keeping your baby close to you (rooming in) will assist you to respond to your baby's feeding cues (Refer to RBWH Feeding Cues poster). Feeding cues can be missed if baby is using a dummy / pacifier.

### Issues for consideration if planning to use a Dummy / Pacifier

#### Using a dummy / pacifier when you plan to breastfeed can:

- lead you to miss baby's early feeding cues, which are signs that your baby is ready to feed. This may delay your milk coming in (Refer to Baby Feeding Cues poster)
- decrease the amount of times you feed your baby
- reduce the amount of breast milk you make
- lead to breast engorgement
- can be a factor in low weight gain
- increase baby's risk of middle ear infection and thrush
- contribute to an earlier return of your fertility

### Recommendations, if using a Dummy / Pacifier

- **If you choose to use a dummy your baby's dummy should:**
  - NEVER be placed in your mouth first
  - Never be dipped in sweet foods
  - NEVER be tied around baby's neck
  - be cared for by following manufacturer's guidelines
  - only be put in YOUR baby's mouth
- NOT replace a feed
- be regularly cleaned and decontaminated
- be replaced regularly and discarded if cracked or damaged
- have an Australian Standards label

Source: Information adapted from NSW Health Use and care of dummies (pacifiers) Fact Sheet. Accessed October 2014

#### For more information

- Queensland Health booklet "Child Health Information Your guide to the first 12 months"
- Queensland Health Breastfeeding website: <http://www.health.qld.gov.au/breastfeeding/>



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