

Dummies / Pacifiers - The Facts



1.) DUMMIES/PACIFIER USAGE IS CONTROVERSIAL

Published research and recommendations on the topic are contradictory.

2.) MAY REDUCE SIDS RISK

Dummy use has been reported to protect infants against Sudden Infant Death Syndrome.



3.) TEETH/DENTITION

There appears to be a minimal impact on dentition and oral health if dummy use is stopped by the age of 2-3 years.

4.) EAR INFECTIONS

Dummy/Pacifier use increases the risk of middle ear infections. Speech Impairments may be secondary to the increased incidence of middle ear infections in dummy/pacifier users.



5.) CONNECTION WITH COMMUNICATION DIFFICULTIES?

Limited evidence that dummies/pacifiers limit communication development. Recent research shows no link between dummy/pacifier use and phonological errors. It is unclear in the research if dummy/pacifier use can lead to speech sound or expressive language challenges.

KEY SOURCE/S:

Nelson, A (2012): A Comprehensive Review of Evidence and Current Recommendations Related to Pacifier Usage. Journal of Pediatric Nursing 27, 690-699.

Baker, E (2002): The pros and cons of dummies: what a speech pathologist should know. ACQ: ACQuiring Knowledge in Speech, Language and Hearing, 4(3); 134-136.

Baker, E., Masso, S., McLeod, S., Wren, Y. (2018): Pacifiers, Thumb Sucking, Breastfeeding and Bottle Use: Oral Sucking Habits of Children with and without Phonological Impairments. Folia Phoniatrica et Logopeaedica, 70(3-4), 165-173.