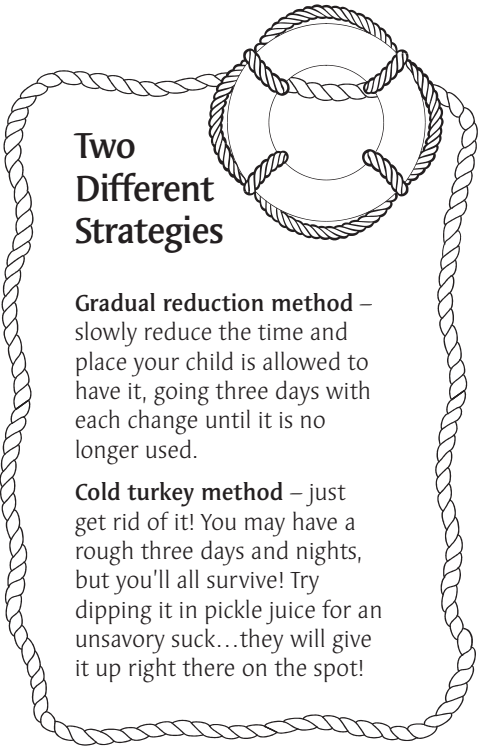


Weaning from Pacifiers and Bottles

Pacifiers and bottles can become an extension of a child's body if you let them, and removing these items can feel like removing a limb! Children use these objects to satisfy a need. Be ready and willing as a parent to "give it up" because half the battle often lies with the parents and their willingness to forgo a few peaceful nights for the ultimate challenge of weaning. You are in charge of this transition, and your child needs YOU to be strong! Hopefully the following tips will provide useful suggestions, and some moral support, to help make this challenging time a little easier.

GENERAL WEANING TIPS

- Don't plan to get rid of these comfort objects or behaviors until you are REALLY ready. If you give up half way through, your child will remember that you gave in, and will try even harder the next time to get you to give in.
- Choose a toy your child really wants to have. Make a sticker chart, and as soon as they go ten days without using the pacifier or bottle, they earn the toy. Keep it on display where they can see but not reach it.
- Set a "rite of passage" date. Tell your child that on a certain day, for example their second or third birthday, the pacifier or bottle will be stopped. Give your child lots of forewarning, and talk about it so they are clear on what will happen. Stick to it – it may be rough for one or two days, but they'll get over it.
- Divert their attention by substituting a favorite toy or giving them your attention instead!



Two Different Strategies

Gradual reduction method – slowly reduce the time and place your child is allowed to have it, going three days with each change until it is no longer used.

Cold turkey method – just get rid of it! You may have a rough three days and nights, but you'll all survive! Try dipping it in pickle juice for an unsavory suck...they will give it up right there on the spot!

NOTES
