



CLINICAL PRACTICE GUIDELINE

# Breastfeeding: Use of artificial teats/dummies

This document should be read in conjunction with this [Disclaimer](#)

**BFHI step 9 – give no artificial teats or dummies to a breastfeeding infant.**

## Aim

- To promote the early onset of lactation by frequent breast stimulation.
- To discourage the use of devices that interfere with the establishment of breastfeeding
- To nurture a mother's confidence in her ability to breastfeed.



## Key points

1. Dummies should not be promoted during the initiation of breastfeeding. The need to suck is very strong in babies and this will be satisfied primarily at the breast. A dummy should not be used as a substitute for the breast.
2. Infants who use pacifiers / dummies will have fewer daily breastfeeds. When breast stimulation and milk removal are reduced engorgement will occur and milk production decreases. This can lead to early termination of breastfeeding. Pacifier use is often an indication of an underlying breastfeeding difficulty.
3. For these reasons, dummies are not supplied to the obstetric wards. Parents wishing to provide a dummy for their baby should be informed of the risks of introducing a dummy whilst breastfeeding is being established.
4. The midwife must document that the mother has made an informed choice if she opts to use a teat or dummy.

## References

1. Mauch, C. E., Scott, J. A., Magarey, A. M., & Daniels, L. A. (2012) .Predictors and reasons for pacifier use in first-time mothers: an observational study. BMC Pediatrics, 12, 7.
2. Lauwers, J and Swisher, A. Counseling the Nursing Mother A Lactation Consultant's Guide. 6<sup>th</sup> edition 2016, 357-358.

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