ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Goodbye, Pacifier!

Giving up a pacifier can be a big step for a young child. With patience, encouragement, and a little planning, you can help your child say goodbye.

When is the right time?

- Begin using the pacifier less often as your baby grows.
- Start by limiting daytime use, saving the pacifier for naps and bedtime.
- Aim to stop completely by age 3 to help protect developing teeth and jaws.

Make saying goodbye easier:

- Choose a calm time. Avoid starting during illness or big changes.
- Offer comfort. Try cuddles, songs, or a favorite stuffed animal.
- Keep little hands busy. Play games, read books, or try new activities.
- Praise progress. Celebrate times your child goes without the pacifier.
- Be consistent. Once the pacifier is gone, try not to bring it back.

Make it a special goodbye

- Let your child help collect the pacifiers and say goodbye.
- Try a pacifier farewell party or a special celebration.
- Offer extra hugs and reassurance when your child misses the pacifier.



Small Steps, Big Smiles!

Every child is different. Be patient, stay positive, and celebrate progress as your child learns new ways to feel comforted.

More Oral Habits Tips & Tricks:

- Pacifiers: The Basics
- Thumbsucking: The Basics
- Goodbye, Thumbsucking!
- Teeth Grinding in Children