

Dummies are Discouraged

Revised: April, 2017

Dummies are discouraged during the first 4 - 6 weeks of breastfeeding

Hunter New England Health follows the World Health Organization Code and the UNICEF Baby Friendly Health Initiative. This is the foundation of the "Ten Steps to Successful Breastfeeding"

Reasons why they are discouraged:

Using a dummy in the first 4 - 6 weeks can impact on your ability to breastfeed your baby and is significantly associated with;

- ❖ reduced sucking time baby has at the breast – limiting the amount of breastmilk your baby receives
- ❖ babies being drowsy and missing breastfeeds
- ❖ Breast engorgement
- ❖ Decreased breastmilk supply
- ❖ reduced breastfeeding duration

Dummies can interfere with baby's normal sucking action and their preference for feeding

Use of Orthodontic dummies may flatten the natural grooving of the baby's tongue.

If you choose to give your baby a dummy

It should **only be used for a few minutes at a time**, and after the first month of life when breastfeeding is well established.

Studies show that babies who do **NOT** use a dummy tend to breastfeed for longer lengths of time.



References:

- Mannel R, Martens PJ, Walker M. (2013) *Core Curriculum for Lactation Consultant Practice. International Lactation Consultant Association*. Third edition
- Riordan J. and Wamback K. (2015) *Breastfeeding and Human Lactation*. 5th Edition Jones and Bartlett.