

Dummies are discouraged during the establishment of breastfeeding

Revised: August 2019

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

HNELHD follows the World Health Organization Code and the UNICEF Baby Friendly Health Initiative.

This is the foundation of the Ten Steps to Successful Breastfeeding which includes:

Step 9: Counsel mothers on the use and risks of feeding bottles, teats and dummies



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

There is some evidence that dummy use may be associated with a reduced risk of sudden infant death, however breastfeeding mothers are advised to offer a dummy only when breastfeeding has been established usually after the first 4-6 weeks since breastfeeding itself has been demonstrated to reduce the risk of Sudden Unexpected Deaths in Infancy.

If you choose to give your baby a dummy

- ❖ Only use a dummy that has an Australian Standards label.
- ❖ Follow manufacturer's guideline on how to care for the dummy.

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

References:

- Red Nose. National Scientific Advisory Group (NSAG). Information Statement: using a dummy or pacifier. (2018) Melbourne, Red Nose. Available online: <https://rednose.org.au/article/using-a-dummy-or-pacifier>. Accessed on 19/6/19
- Riordan J. and Wamback K. (2015) *Breastfeeding and Human Lactation*. 5th Edition Jones and Bartlett.
- Walker, Marsha (2017) "Breastfeeding Management for the Clinician – Using the Evidence" Fourth Edition. Jones and Bartlett Learning.

