

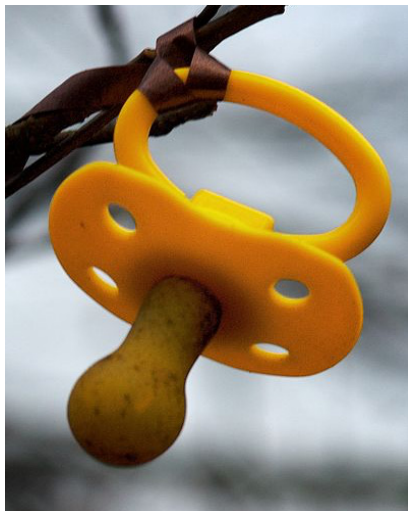
Roadblock 2: Prolonged Sucking

How long is too long?

Allowing a baby, toddler or even a preschooler to suck on a pacifier for comfort puts them at risk for several problems, including:

- Oral problems such as improper growth of the mouth
- Alignment of the teeth
- Changes in the shape of the roof of their mouth.

Prolonged use can also contribute to middle ear infections (otitis media) because the constant sucking allows the eustachian tubes to remain open allowing for the passage of secretions between the throat and middle ear leading to otitis media.



Ideas for Prevention:

- Limit the use of the pacifier/binkie
- Transition to a straw or open cup as soon as possible
- Say Bye Bye binkie/bottle before emotional attachment becomes too strong and changes to the teeth/mouth occur

