

HELPFUL HINTS FOR SEPARATING FROM THE PACIFIER

1. Read No More Pacifier to your child. Introduce the idea of separating from the pacifier. Ask him/her if he/she is ready to make a "Binky Box".
2. Cut the tip off the end of the pacifier nipple.
The child won't get the full effect of sucking and may lose interest.
3. Try inventing the "Binky Fairy". Let your child know that the binky fairy is going to visit and take the pacifier and replace it with something else (i.e. a stuffed animal). Talk about the visit in a positive way and let him/her get used to the idea before making the switch.
4. Identify a particular event or thing your child may enjoy and Tell him/her that they will have to "buy" it with pacifiers. If your child asks for the pacifiers back, explain that they already spent them and that they are gone.
5. If there is a new baby on the way, in the family or in the neighborhood, suggest your child is grown up enough to pass the pacifiers on to the baby. This will give your child a sense of pride in being the "big kid", and give the pacifier a home.



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