Get the Pacifier In

Let your baby try different ways to guide a pacifier into their mouth.

Helps Your Child Grow



Cognitive Self-Regulation (Executive Functioning)

Trying different hand and mouth movements to place a pacifier gives your baby experience adjusting an approach when the first attempt does not work.

Steps

- Place a pacifier in your baby's hand while they are lying comfortably and let them try bringing it to their mouth.
- Wait before helping. Your baby may reach, turn their head, or touch the pacifier with their lips or tongue. More than one attempt is fine.
- Watch for their hand to close around the pacifier and begin moving it toward their mouth.
- They may tilt their head, lick the pacifier, or change their grip. These variations are different attempts to solve the problem.
- If the pacifier remains just out of reach, move it a little closer while leaving the final movement for your baby.
- When they place it in their mouth, respond warmly: "You did it!" Then stay nearby as they settle.

Tips

- When your baby pauses and tries again, they may be working out another approach. Give them time to concentrate without interrupting.
- Success is not the only thing that matters. Each new attempt gives your baby practice changing their approach when the first one does not work.

Observations

- ○ Puts the pacifier in their mouth in different ways
- ○ Looks to you for help when they cannot get the pacifier into their mouth