

## Natasha MPH, Psy.D (2)

You're watching Mom's Matter on ever talk TV I have Natasha from Dr Organic Mommy back in the studio today to talk about getting rid of pacifier is a huge dilemma that we all face So I am so excited to hear about how we do this I had four kids all with pacifier We struggled It was so difficult to take away the pacifier So the question I have for you is if you have a child who has a pacifier and you see that they cannot function without it right When do you kind of think the right time is to take it away So pacifiers definitely help in terms of soothing the child especially when their little babies under six months But around six months I like to really have a boundary there So only when they're sleeping or in car rides if they're having difficulty in the car and that's where you can at least manage manage it and have that kind of restriction in place And that way it sets you up for success later that you can easily remove it Um typically around six months that's when people sleep train And so it's easier to remove that if you choose to go that route Um but it's a different story when they are older and it becomes more difficult So Right I mean toddlers with pacifiers they just love their passes they want it in their mouth at all times and it's really a struggle So when do you know that it's going to be detrimental versus a positive move to actually take it away and and have them learn to self soothe Sure Um I think under two is everything under two is a little bit easier when you're when you turn to developmentally you're just at a point where you want to have control over everything And so you have control over your eating your sleeping your your toilet habits um as well as your pacifier and what objects you choose to use to self suit So I always like introducing a lovey especially early around six months you can tie the little Lee in a knot rub it on your neck so that they you know have your scent Um and they can smell it And so that way it's like kind of like a transitional object So you can use that But with a toddler when you do remove it you can either go go cold turkey So it really just depends on the child or you can start to say it's only for sleeping And if you really want to use your pacifier you can go back to your crib That means you're a little bit tired right now and that's all totally all right And just so let them know and let them make that choice So if they want to go back to their crib to take a nap then that's fine Nine times out of 10 I would say your child would say no I don't wanna go nap right now and say all right the pacifier stays there You know it's great and just follow through with that They want to take the pacifier out They they they can't they've got to stay in their crib

and just let them you know have their tantrum in the morning where they say they want to take the pacifier out of bed just makes it easier in terms of removing it There's a lot of different ways after two that conceptually can they can understand it a little bit better My favorite personal way just because I do love to garden um is to bury the pacifier in the dirt and then get a plant make sure that your child doesn't see it And then when they go to sleep take the pacifier out of the ground just in case they dig it up and replace it with a plant that has bloomed and you plant the pacifier and they say that it just bloomed into this nice flower or you know some kind of um you know tomato plant or whatever you want to actually have grow you can even just put it in a pot and that way they can water it and take care of it and they really feel like their pacifier did something So that's like the way of celebrating the getting rid of the pacifier Yeah that it's growing into something else That's beautiful I love that Yeah Instead of like saying like oh we're gonna give it to another baby just in case you have another child in the house they really want to take on that role as staying as a baby And so they they can kind of regress and so sometimes that can kind of backfire Um Another one that I've done is to exchange it to with the like the UPS or fedex guy Uh a lot of you know young kids really are obsessed with trucks and so like telling them oh I'm gonna give you my pacifiers and they they delivered you a package you know that you can have Um so it's kind of that exchange taking place And so then the child has a better understanding of where their pacifiers are going and that makes sense that those are great tips Yeah Now what do you do with a kid who agrees to all that And that's great But then at night they are just screaming bloody murder because they can't go to bed without it say and just sympathize I know you were really used to that pass your pass and you really loved your pass Um but now we have a love and your love is going to take your place at the place of the pacifier and you can hold on to your love and make sure that it helps And that's kind of what you got to deal with It might take a week or two up to three weeks typically with older kids of restless nights and and you know sleepless nights where you really do have to calm your child down but it will pay off in the future So you just stick to it You got to stick to it It's all about consistency and follow through with kids They really will want you to push they want to push those boundaries But in reality they need boundaries after especially after the age of three they really need boundaries because it makes them feel more secure more stable It makes them feel like they can trust you All right So those are great tips Um and restless nights are worth it at the end So you stick through

it you stick through whatever you say you're gonna do and you follow through Yeah which is what the kids need and you as a parent have to be ready If you're going to pull the pass you have to be ready to Yeah you gotta have your bottle of wine waiting at the counter Exactly Biting your nails while they cry bloody murder all night Long right Ok But those are really great tips Thank you I have not heard those before Thanks for joining us again We love having you on Mom's Matter and I'm sure we'll have you back very soon Be happy too Thank you for joining us today on Mom's Matter Ever talk TV You saw Doctor Natasha from Doctor Organic Mommy right here talking about how to get rid of your past So we hope to hear from her very soon again Join us again next time