

Natasha MPH, Psy.D (2)

<https://silosolo.com/947630>

Summary

In this video, Natasha from Dr. Organic Mommy provides tips on how to get rid of pacifiers. She suggests introducing boundaries around six months of age, allowing pacifiers only during sleep or car rides. For toddlers, she recommends introducing a lovey as a transitional object. When removing the pacifier, she suggests gradual methods such as limiting its use to sleeping or using creative methods like burying the pacifier and replacing it with a planted flower or exchanging it with a delivery person. Consistency and follow-through are emphasized throughout the process. Natasha acknowledges that there may be restless nights and tantrums during the transition period, but assures that it will pay off in the future. Setting boundaries is important for the child's security and trust. It is recommended for parents to be prepared for the challenges and seek support.

Silo sample questions

- When should boundaries be introduced for pacifier use?
- What can be used as a transitional object for toddlers?
- How can the pacifier be gradually removed for older children?
- What are some creative ways to celebrate getting rid of the pacifier?
- Why is consistency important during the transition period?

Topics

Introducing boundaries for pacifier use

Transitioning from pacifier to a lovey

Gradually removing the pacifier

Creative ways to celebrate getting rid of the pacifier

Consistency and follow-through

Dealing with restless nights and tantrums

Importance of setting boundaries for the child's security and trust

Being prepared as a parent for the challenges

Key Takeaways

- Introduce boundaries around the use of pacifiers around six months of age
- For toddlers, consider introducing a lovey as a transitional object
- Remove the pacifier gradually by limiting its use to sleeping
- After the age of two, use creative methods to celebrate getting rid of the pacifier
- Be consistent and follow through with the plan

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