

Myths & Truths

So-called „orthodontic“, „physiological“ or „anatomically formed“ pacifiers imply the notion of a positive development of the baby’s orofacial system. This, however, is not based on scientific evidence.



Contact us

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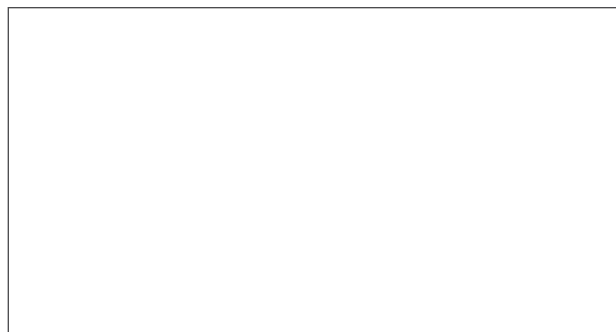
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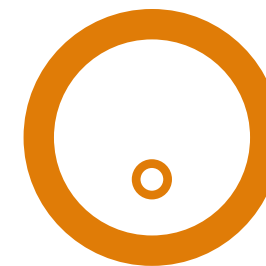
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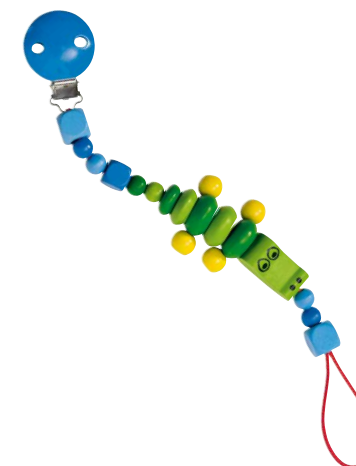


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Pacifiers - Dummies

- Information
- Advice
- Requirements

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So, which dummy is best for my baby? „**The best dummy is the one, you don’t give your baby.**“
M. Furtenbach¹ (2013)



© MR Dr. Doris Haberler

¹Furtenbach M. Myofunktionellen Störungen vorbeugen: Logopädische Aspekte des Saugens und des Lutschens. In: Furtenbach M, Adamer I, Specht-Moser B (Hg.) Myofunktionelle Therapie KOMPAKT I – Prävention. Ein Denk- und Arbeitsbuch. Wien: Praesens Verlag; 2013.

Interdisziplinäre Arbeitsgruppe Ernährungssauger und Beruhigungssauger in Zusammenarbeit mit M. Furtenbach etc, etc.: Myofunktionelle Anforderungen an Beruhigungssauger. Download zum Buch beim Verlag.

Breathing, Sucking, Chewing, Swallowing

Pacifiers

Keynotes

Background

The balance of the orofacial system and muscles provides proper speech and swallowing development. Breastfeeding enables powerful and coordinated sucking at the mother's breast and ensures healthy development of the muscular system of mouth, tongue and jaw. Finger sucking or longterm and improper use of pacifiers may have negative consequences.



A pacifier...

- can be used after breastfeeding is well established
- should be used moderately
- should not be used when talking
- should be replaced from the baby's mouth instantly after the baby has fallen asleep

Babies should be weaned off pacifier as soon as they start talking or teething!

Potential Pacifier Problems

Longterm and improper use of pacifiers may lead to...

- orofacial myofunctional disorders
- misalignment/malocclusion of teeth
- distortion of the articulation

Requirements

- The plating shaft of the dummy should be as narrow as possible to avoid improper growth of the incisors
- The sucking part of the dummy should be flexible to allow tongue movements
- Dummies should be light weight
- The size of the dummy should not increase with the growth of the baby

Say good-bye to the pacifier as soon as possible!