

LETS TALK PACIFIERS

Non Nutritive Sucking



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BENEFITS INCLUDE



PERMITTING INFANTS TO SUCK THEIR THUMB OR USE PACIFIERS CAN ALSO HELP THEM IMPROVE THEIR ABILITY TO DE-STRESS ON THEIR OWN AND FOCUS THEIR ATTENTION.



NON-NUTRITIVE SUCKING TENDS TO HAPPEN MORE FREQUENTLY WHEN AN INFANT IS SLEEPY, EXPERIENCING SOME SORT OF DISTRESS, BORED, OR ANXIOUS. AS A RESULT, NON-NUTRITIVE SUCKING CAN AID IN THE COMFORT OF AN INFANT AND THE ESTABLISHMENT OF A FEELING OF SAFETY.



HELPS REDUCE STRESS AND PAIN IN HOSPITALIZED NEWBORNS, PROMOTES WEIGHT GAIN IN PREMATURE INFANTS, GASTROINTESTINAL MATURATION AND GROWTH IN IMMATURE INFANTS, AND ALLOWS FOR A FASTER AND SMOOTHER TRANSITION FROM TUBE FEEDING TO FULL ORAL FEEDING. THIS LATTER MAY BE THE RESULT OF IMPROVING BEHAVIORAL STATUS.

Non-nutritive sucking consists of **sucking fingers, pacifiers, or other objects**. Non-nutritive sucking is considered a normal part of fetal and neonatal development. As early as 13–16 weeks in uterus, the fetus has started sucking and swallowing movements.

WHAT IS NON NUTRITIVE SUCKING?

SUCKING THAT DOESN'T HAVE A PRIMARILY NUTRITIONAL PURPOSE



FORMING AN ORAL HABIT AS SUCH INDICATES A BABY'S ABILITY EARLY ON TO SELF-SOOTHE AND COPE WITH HIS OR HER OWN EMOTIONS.

THE BEST WAY IS TO PRACTICE NON-NUTRITIVE SUCKING WITH A PACIFIER

UNLIKE FEEDING, NON-NUTRITIVE SUCKING HAS A CALMING EFFECT AND IS ALSO USED AS A WAY TO EXPLORE THE ENVIRONMENT, SUCH AS SUCKING ON INDIVIDUAL ITEMS AND TRYING OUT THEIR TASTE AND TEXTURE. WITH BABIES, IT INVOLVES SUCKING WITHOUT EXTRACTING LIQUID FROM THE BREAST OR BOTTLE, SUCKING ON A PACIFIER, OR ON A FINGER PLACED IN THE MIDDLE PART OF THE TONGUE.