



**interSEEDnGrow**  
Developmental & Speech Therapy Services Provider

## *SEEDS FOR GROWTH: Pacifiers*

### How to Stop: The Three-Day Plan

Your child can be binky-free in just three days, says Mark L. Brenner, author of *Pacifiers, Blankets, Bottles & Thumbs: What Every Parent Should Know About Stopping and Starting* (Fireside). Here's how to do it.

**Day 1:** In the morning and at bedtime, tell your child that you can see she wants to do lots of things that make her older. Tell her that's a good idea, and that in three days it will be time for her to say goodbye to her pacifiers. Tell her you know she can do it and that you'll work together on it. Keep the talk to 30 seconds and don't sound as if you're asking permission. If your child responds, reflect back her feelings -- "I know you don't want to" -- then move on. Don't worry that your child will become anxious if given advance warning. "That's a myth," says Brenner. "Like adults, children like to prepare themselves physically, psychologically, and emotionally for change."

**Day 2:** Repeat the same 30-second talk twice daily, only replace "in three days" with "tomorrow." Don't try to sell her on the idea. Keep your tone and manner matter-of-fact.

**Day 3:** Remind your child that it's day three and time to gather up his pacifiers. Act as if you're going on a scavenger hunt and ask your child if he'd like to help. Even if he refuses and protests, proceed to collect his pacifiers, place them in a plastic bag, and put them on the front step for "pick-up by the recycling truck." Explain that the pacifiers will be made into new tires or toys. "Children recognize that recycling is purposeful and intelligent, and will be far less upset than if you throw their treasured pacifiers in the trash," says Brenner. Which is not to say your toddler won't have a meltdown. Be empathetic, but firm, Brenner says, adding that most children get over losing their pacifiers within 48 hours.

Reference: [www.parents.com](http://www.parents.com)