



Information Statement

PACIFIER/DUMMY USE

To Reduce the Risk of Sudden Unexpected Deaths in Infancy (SUDI), including SIDS and Fatal Sleep Accidents

1. Sleep baby on the back from birth, **not on the tummy or side**
2. Sleep baby with face uncovered (no doonas, pillows, lambs wool, bumpers or soft toys)
3. Avoid exposing babies to tobacco smoke before birth and after
4. Provide a safe sleeping environment (safe cot, safe mattress, safe bedding)
5. Sleep baby in their own safe sleeping environment next to the parent's bed for the first six to twelve months of life

- There are health advantages and disadvantages for using dummies/pacifiers
- The evidence about dummy use to reduce the risk of Sudden Infant Death Syndrome (SIDS) is inconclusive
- Until there is more conclusive evidence about dummies being protective for SIDS, SIDS and Kids makes no recommendation about dummy use

The evidence about ensuring that babies are slept supine (on the back) with the face uncovered is conclusive and is the best way to protect a baby from SIDS.

However, the evidence about dummy use to reduce the risk of Sudden Infant Death Syndrome (SIDS) is inconclusive.

Until there is more conclusive evidence about dummies being protective for SIDS, SIDS and Kids makes no recommendation about dummy use at this stage.

The SIDS and Kids Safe Sleeping program is based on scientific evidence and was developed by Australian SIDS researchers, paediatricians, pathologists, and child health experts with input from overseas experts in the field. The 87% drop in SIDS deaths and the 5,000 lives that have been saved is testament to the effectiveness of the program.

For further information visit the SIDS and Kids website at www.sidsandkids.org or phone us on 1300 308 307.

Suggested citation:

SIDS and Kids. National Scientific Advisory Group (NSAG). 2009. Information Statement: Pacifier/dummy use. Melbourne, National SIDS Council of Australia. This information statement was first posted in December, 2005.