

## Top Ten Reasons for NOT Using a Pacifier

10. Prolongs dependency and interferes with developing autonomy
9. Disrupts trust that mother will provide food and comfort
8. Baby may be or become allergic to latex
7. Choking hazard
6. Encourages posterior-to-anterior tongue peristalsis
5. Limits skin contact - blocks sensory integration
4. Puts lips into unnatural shape, creates muscle imbalance
3. Puts stimulation at anterior part of palate & mouth
2. Causes altered brain wave patterns (trance-like state)
1. Separates sucking from food intake; unknown results
0. (BONUS REASON) And furthermore - DEPRIVES BABY OF FOOD