
Babies give up pacifiers on their own between two and four years of age. Most break the habit through peer pressure, and also because they are old enough to soothe themselves without pacifiers. The American Dental Association (ADA) considers pacifiers less habit-forming than thumb-sucking (15). Start reducing pacifier time: Cut down on the time the baby suckles a pacifier, or take it away from the baby for a fixed time in a day. If you face resistance, then distract the baby or involve him in an activity during that time frame. Gradually, cut down the time further, and soon you will notice that the infant becomes less dependent on pacifiers. Use other ways to soothe: If a baby uses a pacifier to fall asleep, then try alternative ways that could potentially soothe the infant to sleep. The Transition Times book series by Lawrence E. Shapiro includes books It's Time to Sleep in Your Own Bed, It's Time to Give Up Your Pacifier, It's Time to Start Using Your Words, and several more. See the complete Transition Times series book list in order, box sets or omnibus editions, and companion titles. 4 Books. It's Time to Sleep in Your Own Bed. Lawrence E. Shapiro. Out of Stock. It's Time to Give Up Your Pacifier. Lawrence E. Shapiro. From $4.69. It's Time to Start Using Your Words. Lawrence E. Shapiro. From $7.19. It's Time to Sit Still in Your Own Chair. Lawrence E. Shapiro. From $4. This book shows toddlers the benefits of becoming big kids to gently wean them off their pacifiers. It's Time to Give Up Your Pacifier is written by child psychologist Lawrence Shapiro and includes advice for parents on guiding young children through this often difficult transition. This compassionate and engaging story will help your child say bye-bye to binky once and for all. ...more. Get A Copy. Amazon.