



The Keystone 10 Initiative

Step 9: Give no artificial teats or pacifiers (also called bottle nipples or soothers) to breastfeeding infants.

The use of pacifiers and artificial nipples in the early weeks of the postpartum period may come with consequences such as reduced sucking at the breast and interference with demand-feeding. This can reduce the frequency of breastfeeding sessions and often results in reduced feeding intensity and insufficient infant weight gain. Research supports avoidance of pacifiers and artificial nipples or bottles for breastfeeding infants until after nursing and milk supply are well established. Avoidance of pacifiers and artificial nipples supports infants' efforts to communicate their hunger and promotes family responsiveness to infant's needs.

If there is medical indication for the infant to be fed by other means than at the breast, families should be given instruction on appropriate use of alternate feeding methods that do not require artificial nipples, such as spoon-feeding. Facility use of pacifiers should be limited to infants for whom the benefit outweighs the risks. For example, the use of pacifiers with premature infants may facilitate gastrointestinal development. Pacifiers may also be appropriate when the infant undergoes painful procedures in which skin-to-skin contact or breastfeeding cannot be feasibly used for pain management. When pacifiers are used for procedural pain relief, they should be promptly discarded immediately following the procedure to prevent future use. Facilities should ensure policies restricting pacifier use also address rare instances when use is appropriate.

Facilities practicing optimal infant feeding and care should expect that all breastfeeding infants leave the facility without ever using artificial nipples or pacifiers. If they have, the facility should ensure families have been informed of the possible consequences before making that decision. As stated above, infants in special care and infants enduring brief painful procedures may be offered pacifiers as clinically appropriate. For Keystone 10, facilities should have documentation (in the four months prior to submission of the application) proving that at least **80%** of breastfeeding infants are discharged without ever using artificial nipples or pacifiers.

The Keystone 10 Toolkit, step nine, provides valuable background information, implementation strategies, and suggestions for evaluating success on pages 139 - 150. Tab 11 in the toolkit, Resources for Each Step, provides step nine resources for implementation, a facility impact worksheet, and a sheet to assist in auditing the impact on the patient experience.

For completion of this step, the facility should ensure:

- Use of pacifiers and artificial nipples during the maternity stay are avoided unless medically indicated
- Appropriate alternative infant-feeding methods (spoon, cup, finger, etc.) are used when the infant is unable to feed at the breast



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Application Form for Step 9:

Give no artificial teats or pacifiers (also called bottle nipples or soothers) to breastfeeding infants.

Birth facility name: _____

Address: _____

City, Zip: _____

Name of the person completing this application: _____

Position: _____

Email Address: _____

Telephone Number: _____

Validation of completion of Step 9

9.1 What percentage of breastfeeding infants has used pacifiers during their stay at the facility?

a. Provide your facility's percentage here:

b. What was the percentage based on?

Chart review

Other (please specify in the box below):



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c. List the top three reasons breastfeeding infants have been given pacifiers.

9.2 Of breastfeeding infants using artificial nipples, what percent of families have been educated by staff about the possible consequences associated with their use?

a. Provide your facility's percentage here:

b. What was the percentage based on?

- Chart review Other (please specify in the box below):

c. Describe the methods used for educating families about the potential consequences of artificial nipple use.



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9.3 When healthy, full-term breastfed infants are supplemented with formula or expressed breastmilk what percent occurs by the following methods:

a. Provide the percent fed by spoon:

b. Provide the percent fed by cup:

c. Provide the percent fed by syringe:

d. Provide the percent fed by supplemental nursing system:

e. Provide the percent fed by bottle with nipple:

f. Other (please specify in the box below):

g. What were the percentages based on?

Chart review

Other (please specify in the box below):

Thank you for completing this application.

Please refer to the application instructions page for submission guidance.



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