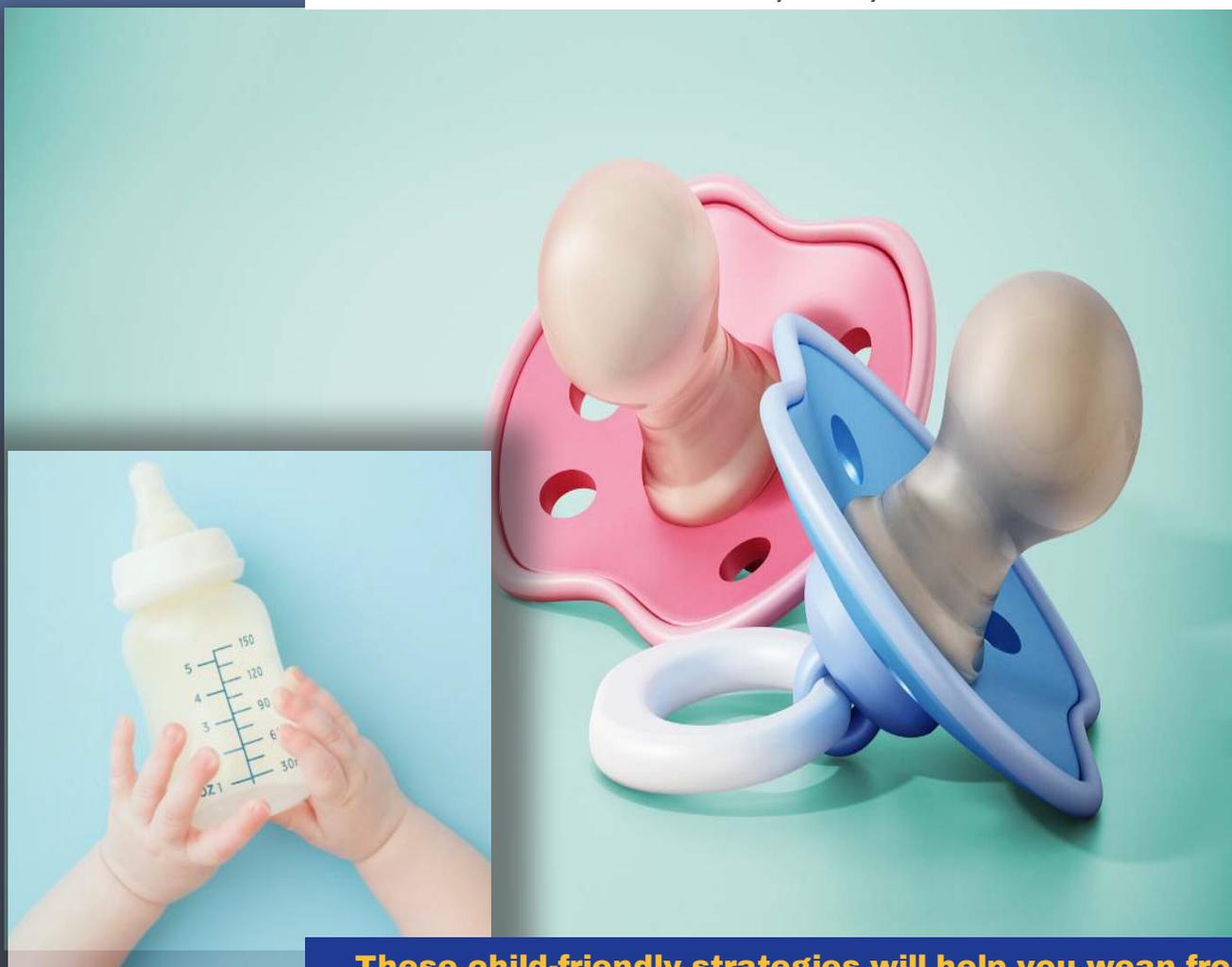


Ditch the Pacifier or Bottle

In 6 Easy Steps

Dr. Mary Barbera

RN, Ph.D, BCBA-D



These child-friendly strategies will help you wean from a bottle and/or pacifier in six easy steps. I am here to help!

1. **Assess** when your child (and you) needs the pacifier and/or bottle most (ie: at bedtime, church, in the car, etc.)
2. **Make a plan with boundaries** to wean based on your assessment. (ie. I will only feed via a bottle 4 times/day, she will only have a pacifier at nap/nighttime in the car and at church, I will only give one bottle at night when I'm at home sitting in a certain rocking chair).
3. If your child likes/has more than one bottle/pacifier, **hide or dispose** of all others (so they can't stash them or accidentally find one during non-pacifier times). Also, if you want to keep one pacifier in bedroom and one in the glove compartment of the car, that is fine, you just need to have one or two and maintain control of them.
4. If you are going to wean to just using the pacifier at nap/nighttime for instance, **create a "Binky Box"** to be stored on the high shelf in the closet that the child puts it in the morning or naptime after waking. Don't take the pacifier and hide it or make it disappear. Instead, have the child put it in the "Binky Box" or "Paci Box."
5. **Give a strongly preferred edible or toy** for giving up the pacifier and putting it into the box.
6. For bottles give the least preferred drink in the bottle and the **most preferred drink in a cup**. Also, **pair cup with highly reinforcing preferred toys** or items during non-bottle times.



Learn to increase talking and decrease tantrums with this today with this
[free 10-minute digital assessment](#)

"I am so appreciative of Dr. Barbera's work. Fantastic outcomes if properly applied!" - program alumni