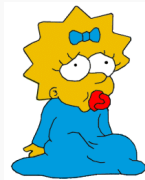


# Bye-Bye-Binky.com

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## Chapter – 1 Overview – Binky Basics

I once sat next to a woman on an airplane, who had a child of approximately the age of 4, who had her thumb permanently planted in her mouth, practically the entire flight! I kept thinking to myself “What is going on with a child, who would feel the need to suck their thumb, at the age of 4?” Now mind you, this was before I had children.

A year later I received the absolutely wonderful news that my wife and I were going to have our first child (a beautiful baby boy). As the time came, I thought back to the little girl I had met on the airplane a year prior. This is when my quest began to fully understand the dynamics of a child’s need to suck. This is also when I discovered a magic secret, and psychology, of loosing the Binky. Let’s start with the basics.

Babies are born wanting to suck. Some even suck their thumbs or fingers before they’re born. Beyond nutrition, sucking is often an important method of self-soothing — a comforting, familiar and calming mechanism in a new world. That’s why many parents rank pacifiers as must haves, right up there with diaper wipes and baby monitors. But are pacifiers really OK for your baby? Although the answer to that question is often debated, the American Academy of Pediatrics gives pacifiers the green light throughout baby’s first year. For us, it was through a second year!



Let’s now look to understand the role of sucking in a newborn (later in this Chapter we will look at how these needs change as your child gets older).

Babies have basic, primal needs. These needs have been broken down to the 5 S’s (extrapolated from a recommended book, “The Happiest Baby on the Block”). Satisfying the needs of the 5 S’s is all about having a very calm and happy newborn. The following is an outline of those 5 basic needs:

The 1st "S" - Swaddling...A feeling of pure "wrap"-ture

- Swaddling is the cornerstone of calming. It gives nurturing touch, stops flailing, and focuses your baby’s attention

The 2nd "S" - Side (or, Stomach)... Your baby’s "feel-good" position

- The side and stomach positions can calm your baby by switching his calming reflex on and his falling reflex (Moro) off

The 3rd "S" - Shhhh...Your baby’s favorite soothing sound

- ‘Shhh’ triggers your baby’s calming reflex
- The whooshing that your baby heard in your uterus was as loud as a vacuum

The 4th "S" - Swinging...Moving in rhythm with your baby’s needs

- Jiggle or sway movements can switch on your baby’s calming reflex

The 5th "S" - Sucking...The "icing on the cake"

- Sucking calms babies by satisfying their hunger and it turns on their calming reflex.

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Infants and young children use sucking as a means of soothing themselves when they are tired, hungry, hurt, or scared. The desire to suck, typically present from birth, is also an important factor in helping newborns breastfeed.

Although pacifiers are intended primarily to ease the desire to suck, many caregivers take the name pacifier literally--they use it to pacify a restless or cranky child. This kind of use may increase a child's dependence on a pacifier for comfort and stress relief, which can cause difficulty when it is time to wean. I know this first hand, because I have been there.

The pacifier's role in helping protect against SIDS has been a hot topic lately. According to the American Academy of Pediatrics (AAP), the latest research is "compelling," and the organization has recommended that parents "consider" offering a pacifier at nap time and bedtime. The research about the possible protection against SIDS seems stronger than findings that pacifier use prohibits breastfeeding or causes dental complications.

### When Should Weaning Begin?

We all know how attached kids become to their beloved 'Binkies', especially the first time we endure a full-blown temper tantrum, because we've forgotten our child's pacifier (oh my gosh, do I have one tucked away *somewhere* in this car?). Babies need their mouths for play and exploration. By the time a child is crawling and learning to walk, pacifiers are both unhygienic and limiting. Although many experts still recommend weaning a child from pacifier use at about age two, most suggest that six to thirteen months is the best time to end pacifier use. Pacifier use should not be terminated too soon or too abruptly though, since a baby may substitute thumb sucking or some other behavior as a substitution.

### Reasons to Wean

#### Tooth alignment

Most pediatric dentists contend that using a pacifier during the early years of development generally does not permanently alter the position of the teeth or jaws. Some do feel that pacifier use can cause the upper jaw to become a bit deformed, causing the upper teeth to be misaligned. According to California dentist Kim Loos, DDS, the amount of jaw deformation depends on the amount of time the child sucks on the pacifier. Go figure.

#### Ear infections

Pediatricians say that pacifier use has been linked to a 50% increase in ear infections in toddlers. If your child can't hear well, it's possible that he will have trouble learning to speak well.

#### Language Development

According to child psychologist and author Penelope Leach, there are social problems that come with constant pacifier use. Leach says that babies whose mouths are constantly occupied with pacifiers may not smile or laugh as freely or explore playthings and experiment with sounds the way they would if their mouths were free.

## **Chapter – 2**      **Pain and Pleasure – Working with the Mind**

Pacifiers may have a thousand names, but their value is the same: they provide comfort (pleasure) to infants and toddlers. The key word here is Comfort. There is one constant with us, as human beings:

### **“We all seek Pleasure, and strive to avoid Pain”**

Being a Pleasure seeking, Pain avoiding machine, is fundamental to being a human being. This is true on both a conscience and sub-conscience level. So here is the situation. Your child has this thing, called the Binky, which he or she is attached to. In other words, they are deriving pleasure from it on a conscience and sub-conscience level. Watch the next time your child reaches for the Binky. Notice the facial expressions and the body language. So, no matter what you say to your child, or no matter what kind of logic you try to apply, their brain will still associate pleasure from reaching for, and sticking that binky into their mouth.

The ticket is the association and/or relationship they have with the Binky. Some say that the best method is cold turkey. That may be fine for some, but personally I did not want to subject my son to that level of pain (no matter how you want to talk about it, it is an association of pain). I also did not want my child to substitute the Binky for something else, *such as their thumb!*

So the bottom line begs the question “How can I have my child’s brain associate the Binky with a level of mild pain?” or the transverse is “How can I have my child’s brain loose the association of pleasure with the Binky?” Ahhh.... Read on grasshopper!



## **Chapter – 3**      **Strategy – A Happy End to the Binky**

Ok, so I in this Chapter, I am going to get straight to the punch. Here is a step by step method that will not leave you the bad guy and will ultimately have your child decide to loose that Binky!

### **Step 1:**

Keep in mind to be consistent and committed. Also, be sure to choose the timing of this one week process carefully. First gather all the pacifiers you can find. Seriously, reach deep under the crib, behind the bookshelf; anywhere your child would think to retrieve a Binky.

### **Step2:**

Take a large diameter pin and poke about seven holes in the end of each Binky. The idea here is for the binky to lose its 'squeegy' feeling in the mouth. The holes let air pass back and forth and, although it is still a full pacifier, it is not quite as enjoyable. This will cause the Binky to flatten each time your child sucks on it. The ticket here is to begin the process of associating a displeasure sensation with sucking on a Binky. Pin holes will still give your child pleasure with the Binky, but subconsciously the brain will begin to notice less pleasure.

**Step 3:** Day One and Two: Place a Binky in all of the places that your child knows to look for a Binky. The whole idea here is to only change the association with the binky, not the child's binky habits. If that means that they only have a binky during nap; then keep it that way. Do not deny them the satisfaction of having one when and where they normally please. At first they might

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notice that it is not quite the same. When they notice that something is not quite right, you start in with “Oh no, I am sorry, that one might be broken”. Then proceed to give them another one, with holes poked in it as well. After day two your child will get used to the Binky’s with holes in them, but their brain will start the process of associating less pleasure.

### Step 4:

Day 3: Repeat Step 1, but rather than poking holes, you are going to take a sharp scissors and snip the very tip (just a small amount of the tip) off of each Binky. Do not cut it only partially, as this could cause a choking hazard. Don't be there when he/she tries out the pacifier. If you can't resist, and just have to watch, then look innocent; very innocent! Once again, that one is broken and let's get another! They will look at you like...hmmm what is up with this. But they will take it and suck away. You can quietly laugh to yourself when you see this.

### Step 5:

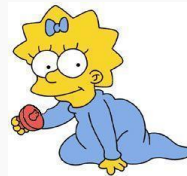
Now repeat Step 4, on day 4, but cut a bit more off. After day or so, your child will get used to the Binky's with a snipped tip, and their brain will further the process of less pleasure associated. This is the funny stage. Watch your child's facial expressions. It will be one of puzzlement. They are expecting pleasure, but it is not so pleasurable now. We are in the process of training the brain to associate this Binky with “Yucky”! Keep up with the “Oh no, it must be broken, here is another one”. Your child will tolerate the snipped Binky for a while as they still are looking for pleasure (and to some degree are still getting something from it).

### Step 6:

Day 5 or 6: Repeat Step 4, but this time, cut a small slit long-way into the binky. Your child's tongue will not like the feeling. By now the Binky will be hollow, only half its size, with the remainder cut upward. Seriously funny! Never deny the Binky from your child at this stage. Place one everywhere they know one to be and watch what happens. By now your child's sub-conscience mind will have a dis-pleasurable association with the Binky. Snipping the tip off takes away the satisfying suck of the pacifier, and your child will likely reject it at this stage. If this happens, congratulations! Offer them the trash can, and let them throw it away themselves. After all, it doesn't work anymore. 95% of children will never want a binky again at this stage.

### Step 7:

If your child does continue to carry the pacifier in his mouth, just continue to snip a little more off each day until they reject it (the stub). You watch, even the most die hard Binky addict will soon reject something that is no longer pleasurable to them. It will become a nuisance to them. They will also never want it again as we have retrained their brain with a new association. This whole process should take no more than one week. They also will not substitute the thumb! Beautiful...



## Chapter – 4 Conclusion – One Plus One = Three

Our objective here is to create an easy transition from Binky to No Binky. The ‘pain’ association will also translate to the thumb; they will not trade one for the other. And, you will not be the bad guy. Additionally this dynamic of pain and pleasure association can be applied to other behaviors that are not desired. All you have to do is think it through, and apply the principals. I truly hope you have gained from this report. It is my intention to help. Remember, you have the power to continuously create situations with your child where one plus one equals three.

Wishing you peace, great success and lots of love in your life...Eric Trager