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## Motivational reasons behind the use of pacifier/dummy by mothers of 24 months of aged infants

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**Background & Aim:** Use of pacifier is highly common in Chile despite its negative outcomes. In order to change behaviour related to pacifiers, it is important to identify and comprehend motivational aspects of their use. Aim of this study is to assess reasons and behaviour behind using pacifiers by mothers of 24 months-old and older infants.

**Methods:** 79 mothers from a high socioeconomical level in Santiago de Chile were questioned about motivational reasons and behaviors related to pacifier use.

**Results:** Pacifier was utilized by the 60.85% (48/79) of infants at 24 months-old. Withdrawal age was 29.89+/-8.3 months. The main reasons to use pacifier were to help settle them to sleep and to calm a crying or distressed infant (91.8%, 45/48 and 61.2%, 30/48 respectively). A 14.95% (7/45) referred to use it because of anxiety and 12.8% (6/45) for guilty feelings. Mothers who didn't administered pacifier at 24 months left it at 5.85+/-7.03 months on average. The 48.5% (16/33) of those children stop its use at the first month of life due to rejection and not for medical advice (0%).

**Conclusion:** The results showed that the introduction of pacifiers by the majority of the mothers could be explained for its utility in calming necessary and frequent behaviors in newborn infants. This also would account for its extended use when the infant received it satisfactorily. More research on these matters is needed. This will allow health professionals to deliver clear and robust information to parents from which they can make child-care decisions.

### Biography

Rosenberg-Pacareu Javiera has completed her undergraduate studies in Psychology at the Pontifical Catholic University of Chile in 2017. She recently completed a Multivariate Analysis Postgraduate Diploma at Universidad de Chile and is currently researching at the Medical School of Catholic University and at Clinica Las Condes. She is the Chief of Preterm Infants Follow-up Program in Clinica Las Condes, Santiago de Chile. Along with that, she is the Chief Project Manager of Foundation Crece Sano, a non-profit organization aimed to improve the children's development and wellbeing through training opportunities for health professionals and educators working at remote locations of the country.

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