

The Giving Up Your Pacifier Book

Give up your pacifier in 15 days!



with
TIPS from
SOO SOO the
pacifier fairy

The very best story, puzzle
and activity book for children
who love their pacifiers









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Illustrations and text Inge Nouws

Dear parent,

You want the best for your child and we would really like to help you to achieve that. Difrax has been producing a range of safe and well-designed baby products for more than 40 years with this aim in mind. These products include our attractive pacifiers, designed to leave baby's nose free and to help prevent skin irritation. They are safe and reliable pacifiers whose design has been carefully considered in consultation with professional experts. However, we also want to help you to find a sensible and well thought-out way to wean your child off using a pacifier. That's where this book comes in – a book we have produced for you and your child. Our aim here is: a sensible use of the pacifier and a sensible approach to breaking the habit.

* WHAT IS A PACIFIER FOR?

A pacifier does have a real job to do. A pacifier:

- calms
- quietens
- provides comfort when your child is sad
- is familiar and gives a sense of security when a child feels unsafe
- helps a child feel better when he/she is in pain
- satisfies a baby's need to suck, if this is not always fully satisfied by the breast or bottle
- helps to prevent cot death, as has been recently demonstrated by research.

It is better for babies to use a pacifier than to suck their thumbs, because:

- it has been demonstrated that there are fewer harmful effects on the teeth
- it is easier to break a pacifier habit than to stop thumb sucking
- it helps babies to learn to breathe through their noses
- a pacifier is more hygienic, because you can sterilise it
- thumb sucking encourages babies to breathe through their mouths, which means they breathe in more unfiltered air containing bacteria.

To sum up: even if you think a baby sucking his thumb looks cute or you dislike pacifiers, a pacifier is better for your child than the thumb.

Sensible use of a pacifier should, however, be followed by a sensible approach to breaking the habit. A child can be gradually weaned off from the age of three or four. Under the age of three, it is often very difficult and leads to a lot of conflict. If it works that's fine, but very young children often rely on their pacifiers too much and it is better to leave it for a while. After the age of four, though, it is strongly advisable to encourage them to stop.

* SO YOU HAVE TO WEAN THEM OFF, BUT HOW?

We have developed a 15-day programme to break the habit, with a calendar and a reward system using stickers. Important points:

- Don't start too suddenly or set about it too rigorously. Choose a time to explain quietly and calmly why it is important. Explain to your child that it is better for his/her teeth and that he/she is getting too big for a pacifier.
- Choose a quiet time. Don't do it when there are other exciting things going on, such as your child's birthday, Christmas or when you are on holiday. These are just the times when your child may really rely on the pacifier for comfort.
- You may like to consider attaching a cloth or small soft toy to the pacifier. That way when your child stops using the pacifier, the cloth or toy is still there and it is less of a wrench.

* HOW THE BOOK WORKS

The book follows a specific structure. You are, of course, free to adapt this to the speed with which your child adjusts to the change.

- Days 1 to 5 are used to explain why a pacifier is fine sometimes, who has a pacifier and who doesn't, and what dentists think about it. Soo Soo the pacifier fairy gives you some tips and explains what she has in store for your child.
- From day 5, the pacifiers are only used at night. During the day, the pacifiers have to rest and they are put to bed.
- Days 6 to 10 show that a child can sometimes really miss their pacifier but that there are other ways to be comforted and that giving up the pacifier can

make your child feel big.

- On days 10 and 12, we say goodbye to some of the pacifiers.
- Days 11 to 15 prepare for the coming parting with the last pacifier. Your child also tries sleeping without a pacifier, although you may keep it close by just in case!
- On day 15, your child puts the last pacifier into an envelope and sends it to the pacifier fairy.

Every day there is a story and a puzzle or activity. There are stickers to earn which you can stick on the pull-out calendar in the back of the book. Hang the calendar in a prominent place in the house, so that everyone can see it! And there are gold stickers for the special occasions on days 5, 10 and 15.

On day 15, you cut the pacifier in two and send it to Soo Soo the pacifier fairy. You can get Pacifier Mouse as a reward and as a substitute comforter. To order this, send in your details, including name and age, to Difrax in Holland. Please enclose 5 euros, as a contribution towards the costs. We will then send you a Pacifier Mouse as soon as possible. If you want to be sure of receiving Pacifier Mouse on time, we advise you to send in your request in good time during the first few days. The symbolic posting of the last pacifier will happen later.

The book assumes that you have at least three pacifiers at home. There are two occasions before day 15 when your child will part with two of these. If you have more than three pacifiers at home, we advise you to use these two occasions to get rid of all of them except one. If you have fewer than three pacifiers, then a doll's pacifier or a cut out picture of a pacifier can be used to get your child used to the idea of saying goodbye. On day 15, your child says goodbye to his/her last pacifier.

* GENERAL

This book is intended as an aid to help you mentally prepare your child for giving up something familiar that he/she has been relying on. It is only a guide, and you should use your own intuition and your knowledge of your own child to use the content of the book creatively.

The intention is that you should spend at least 10 minutes every day focusing on the imminent parting, and ideally you should keep coming back to the topic at different times of the day. For example, you could tell grandma or grandad or your child's nursery teacher about it and show how proud you are of your big boy or girl. Talk to your child about why he/she wants a pacifier at difficult times, ask about this, let your child explain, and then come up with alternatives. This makes your child feel that he/she is being listened to. Rewards and the extra attention also help to make the process enjoyable!

As CEO of Difrax and as Soo Soo the pacifier fairy, I wish you lots of luck! I would love to hear your reactions and experiences via the Difrax website. Click on 'Contact', then click on 'Tell Soo Soo the pacifier fairy'. I really look forward to hearing your stories and suggestions!

Good luck!

Vivienne van Eijkelenborg
Soo Soo the pacifier fairy
CEO of Difrax

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soo soo

Hello, pacifier-loving children.....

You can see that I'm a fairy,
but can you guess what kind
of fairy I am?
Yes, you're right. I'm

Soo Soo...
the pacifier fairy!



You are already big, very big in fact. Too big for a pacifier. I know that it's very hard to stop using your pacifier, but I also know that it's very bad for your teeth and that it makes some children talk a bit funny. That's why it's important for you to try to stop.

To make it a bit easier for you, I've written this nice book for you. *The Giving Up Your Pacifier Book* is a storybook for your parents to read to you. But it's also full of great puzzles and things for you to do that will make giving up your pacifier lots of fun!



.....let me introduce myself!



You'll find a calendar and stickers in the back of the book. If you make a good job of the activities I give you to do, you can stick one sticker on the calendar every day until it is full. Then you can send your pacifier in an envelope to Soo Soo the pacifier fairy - that's me. I will send you a nice present in return.

Are you ready to begin? Let's get started then. Good luck, and have lots of fun giving up your pacifier.

A big kiss from Soo Soo the pacifier fairy!



Day 1

Kate has a hundred pacifiers.....

This is Kate and Kate is nearly 4. Kate lives in a nice house with her father and mother and Puss. Kate has a best friend, Kevin, and Kate has a pacifier. In fact, she has a hundred.

She has hidden them all over the place.

Because...

Suppose a big nasty dog snatched her pacifier

Or...
it fell into some dog poop.



.....because you never know!



Or... Kate is riding in the seat on the back of her mum's bike and all of a sudden something makes her laugh very loud and the pacifier flies out of her mouth..... Luckily, mum always has a couple of spare pacifiers in the bike bag.



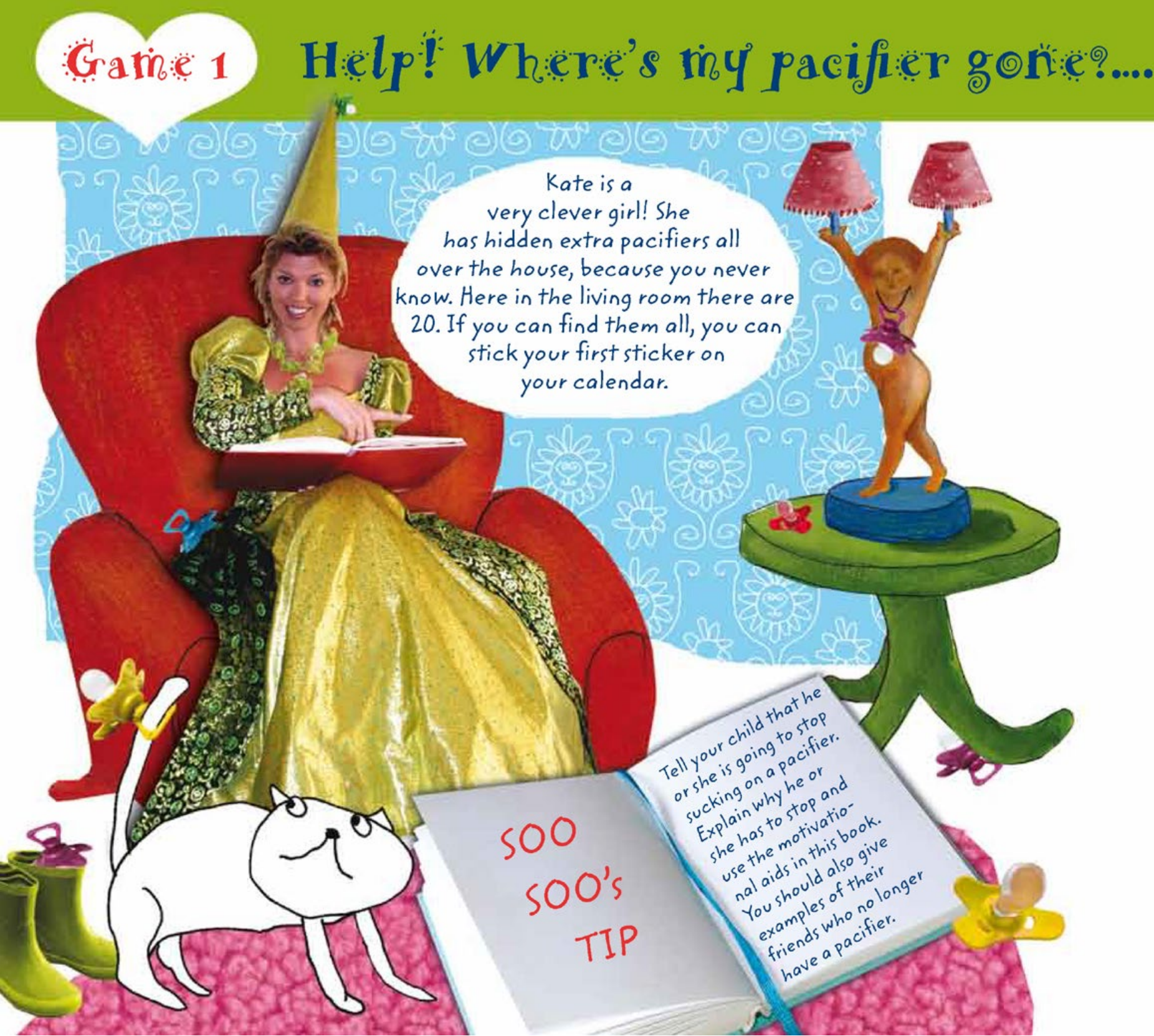
Game 1

Help! Where's my pacifier gone?...

Kate is a very clever girl! She has hidden extra pacifiers all over the house, because you never know. Here in the living room there are 20. If you can find them all, you can stick your first sticker on your calendar.

Tell your child that he or she is going to stop sucking on a pacifier. Explain why he or she has to stop and use the motivational aids in this book. You should also give examples of their friends who no longer have a pacifier.

SOO
SOO's
TIP



...Play the 'Hunt the pacifier' game



Day 2

Kate is never frightened.....

Kate

has her own room. It is not very big. There is room for a bed and a cupboard. Puss likes Kate's room and sometimes sleeps on her bed. But Kate doesn't mind sleeping on her own. She's not frightened at all.



Kate is never frightened. She's not frightened when she falls and her knee bleeds. Kate is a champion at tripping up and falling and she thinks plasters are cool.



.....because Kate has a pacifier!



Kate is not frightened of spiders, either – she thinks they have cute eyes. Kate is not frightened of witches – because witches are really funny. Nor is Kate frightened of monsters under her bed – because monsters don't really exist.

And,
when Kate is sometimes a little
bit frightened,
she soon gets over it.



Because Kate has a
pacifier!

Game 2

When only a pacifier can help!.....



Oh, oh

What a miserable sight!
These poor little girls and boys could really use a pacifier. You can comfort them with the pacifiers on the sticker sheet. Find a pacifier for every sad little mouth. As a reward for this heroic deed, you can choose a nice sticker for your calendar.



SOO
SOO's
TIP

Be ready with a substitute for the pacifier at difficult times. Talk to your child about why he/she likes a pacifier and try to find out what feelings make him/her need the pacifier the most. When your child is feeling very sad, try to think up a distraction.



.....Comfort game



When you have to have a plaster!



When you see a big fat spider!



When you are very, very tired!



When you have your first swimming lesson!



When you are afraid of the dark!



When you are ill with a temperature!

Day 3

When I grow up.....

Kevin is coming to play today.
He is Kate's best friend. Kevin
lives in the same street as Kate.



Kate says: 'When I grow up, I want to be a firefighter.'

'What did you say?'

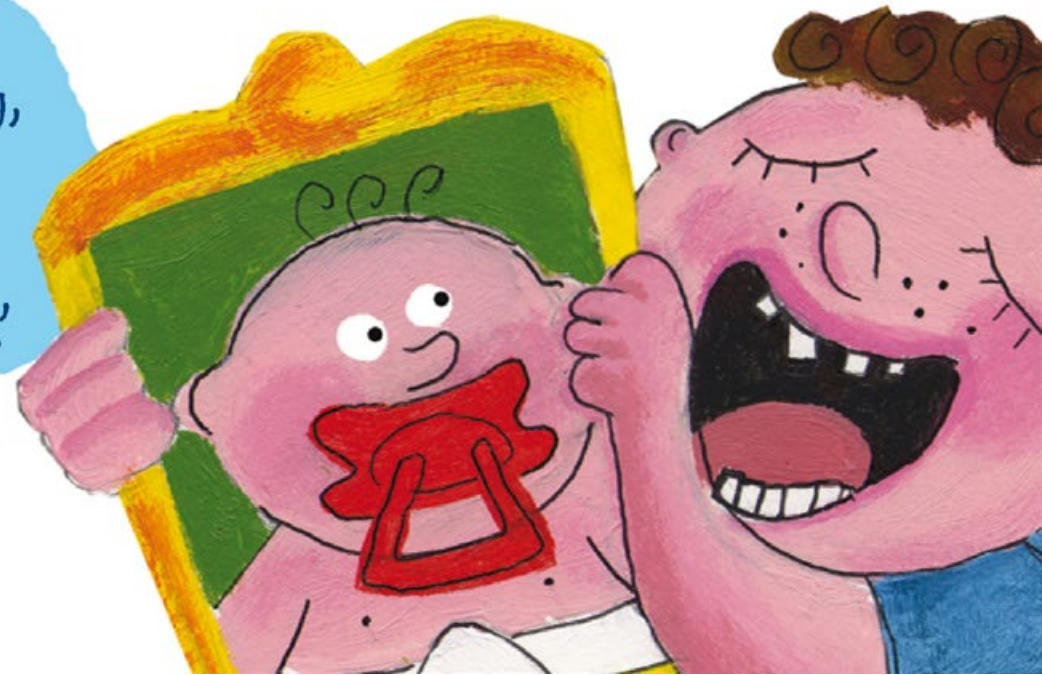
shouts Kevin. 'I can't hear what you're saying.'
Kate takes the pacifier out of her mouth and says it again: 'When I grow up, I want to be a firefighter.'
'You can't be,' says Kevin, 'because firefighters don't have pacifiers.'
'Then I'll be a policewoman.'
'You can't be that either,' says Kevin. 'Have you ever seen a policewoman with a pacifier?'
'And doctors?' asks Kate. No, Kevin shakes his head.
'But what can I be, then, when I grow up?' asks Kate, a bit dismayed.



.....I want to be a firefighter!



Kevin thinks very hard. 'I know,' he shouts out laughing, 'you'll have to be a **baby** when you grow up, because they have pacifiers.'



Game 3

What's wrong here?.....

Do firefighters have pacifiers? Does your mother? Or your grandma, perhaps? Look at all the photos and pictures on the next page. If you look carefully, you will see that there is something strange going on in some of the pictures. Can you see what's wrong? Have a look. When you have finished, you will have earned another sticker for your calendar.



.....Can you spot the mistakes





'Karl the dentist has a big glass jar full of presents,' shouts Kevin. 'Honestly?' asks Kate. 'Yes, and when he has cleaned your teeth in the chair, you are allowed to choose something.' Kevin has a crooked tooth. Today the dentist is going to have a look at it, and Kate is allowed to go too.



'Open wide,' says Karl the dentist. He shines a light in Kevin's mouth and Kate has a look too. There is the crooked tooth.

'Ooh!' exclaims Kate. 'Why did that tooth grow so crooked?'

'That can happen when you suck on a pacifier too long,' says Karl the dentist. 'Fortunately, Kevin doesn't have a pacifier any more, and so he won't get any more crooked teeth.' 'Do you want to have a turn sitting in the chair?' the dentist asks Kate. Kate shakes her head, no. What if he finds that she has a crooked tooth as well?

....and Karl the dentist has presents!



Kevin jumps up out of the chair. He's finished and he didn't cry.

'Take your pick,' says the dentist cheerfully. He unscrews the lid of the glass jar and Kevin chooses something.

Kate looks at the big jar of toys. She didn't cry. But she didn't sit in the chair, and so she doesn't deserve a present. Karl the dentist sees her glum face and asks: 'Shall we swap?'

'Swap?' says Kate, surprised.

'Yes,' says the dentist. 'You can have a present from me if you give me something in return.'

'But I haven't got anything to swap,' Kate says to Karl the dentist.

'Yes, you have,' says Kevin all of a sudden, 'your pacifier. You can give him your pacifier. After all, you've got a hundred of them, and so you won't miss one.'

Karl the dentist thinks that's a good idea and Kate doesn't have to think long. Her hand dives into the jar between the presents, because right at the bottom of the big glass jar is a beautiful, shiny red fire engine.

A few minutes later, Kate skips home with a beautiful red toy fire engine and no pacifier!



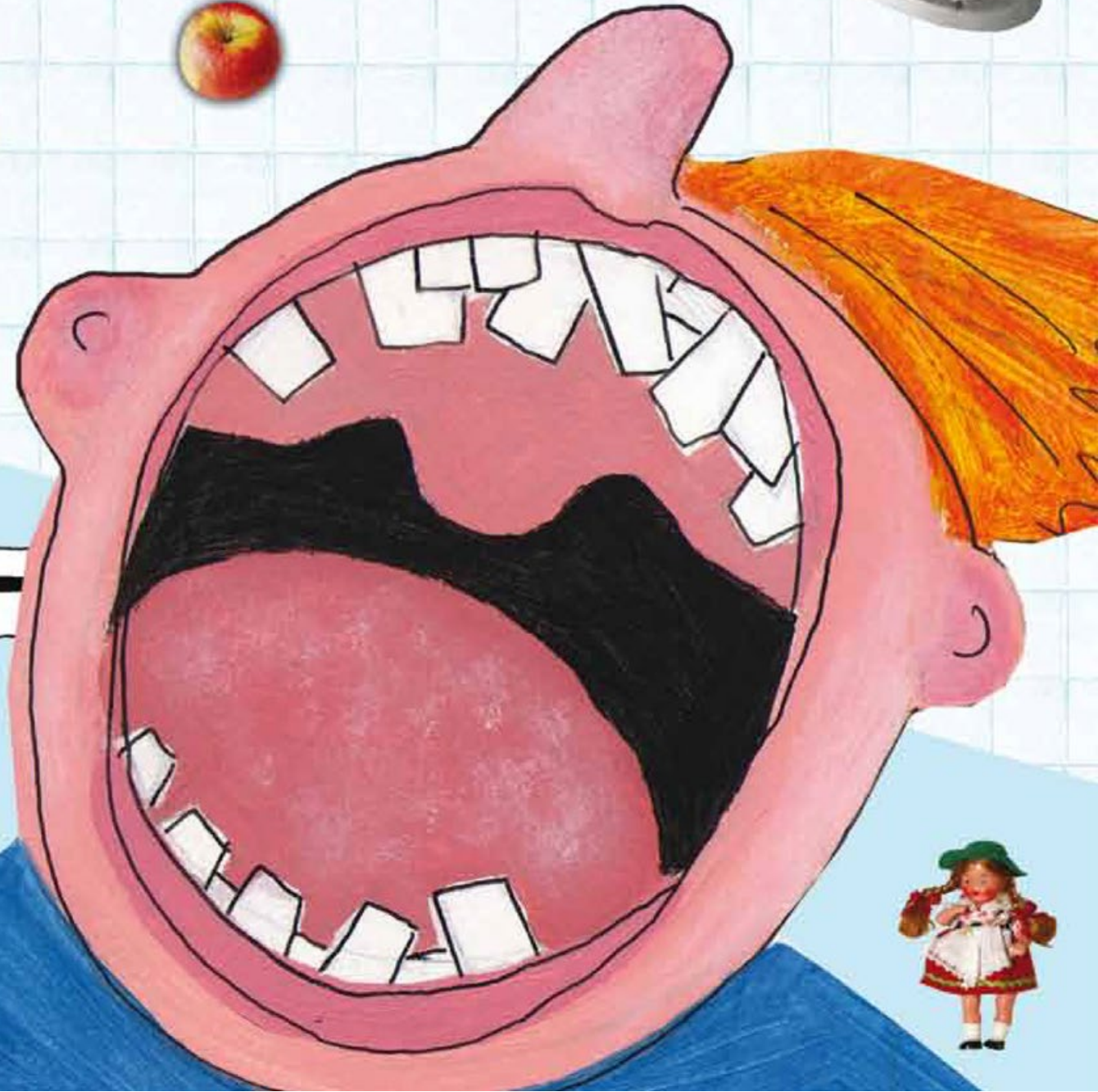
Game 4

'Open Wide'.....

Help! What crooked teeth! You can be the dentist today. Stick the beautiful straight teeth from the sticker sheet into this mouth full of crooked teeth. Once you have got the teeth in a nice straight row, you can reward yourself with a sticker.



.....the dentist game



Day 5

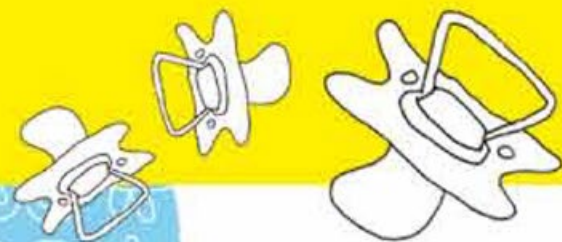
Goodnight pacifiers!.....

'Look, another one,' shouts Kate, as she throws a pacifier in a big arc across the room. It lands right in the box in the middle of the carpet. Kate and Kevin are hunting for pacifiers. It's a good game, because Kate has 100 of them and they are hidden all over the place. Kate and Kevin run all over the house and pacifiers turn up in every nook and cranny.

'And now they are going to have a nice sleep,' says Kevin, when they have found all the pacifiers. 'Those poor pacifiers, they have to work so hard at night, I think they should sleep in the daytime. The pacifiers can't be sucked continuously day and night. It's time they had a rest during the day. Then when you go to bed, they'll be fit and ready for a night's sucking.'



.....Sleep tight!



Kate and Kevin make the box into a bed. Kate puts all the pacifiers in and covers them up with a blanket. She runs to her room and puts the pacifier bed on her bedside cupboard. She glances at the box. Will she manage to leave all the pacifiers asleep in the bed all day? Of course she will. She is soooooo big, and anyway she is far too busy playing with Kevin. Sleep tight, pacifiers, and see you tonight, she whispers softly. She then runs downstairs to her best friend Kevin, who has already thought up a new game.



Zzzzz
zzzzzzzzzz
zzz...



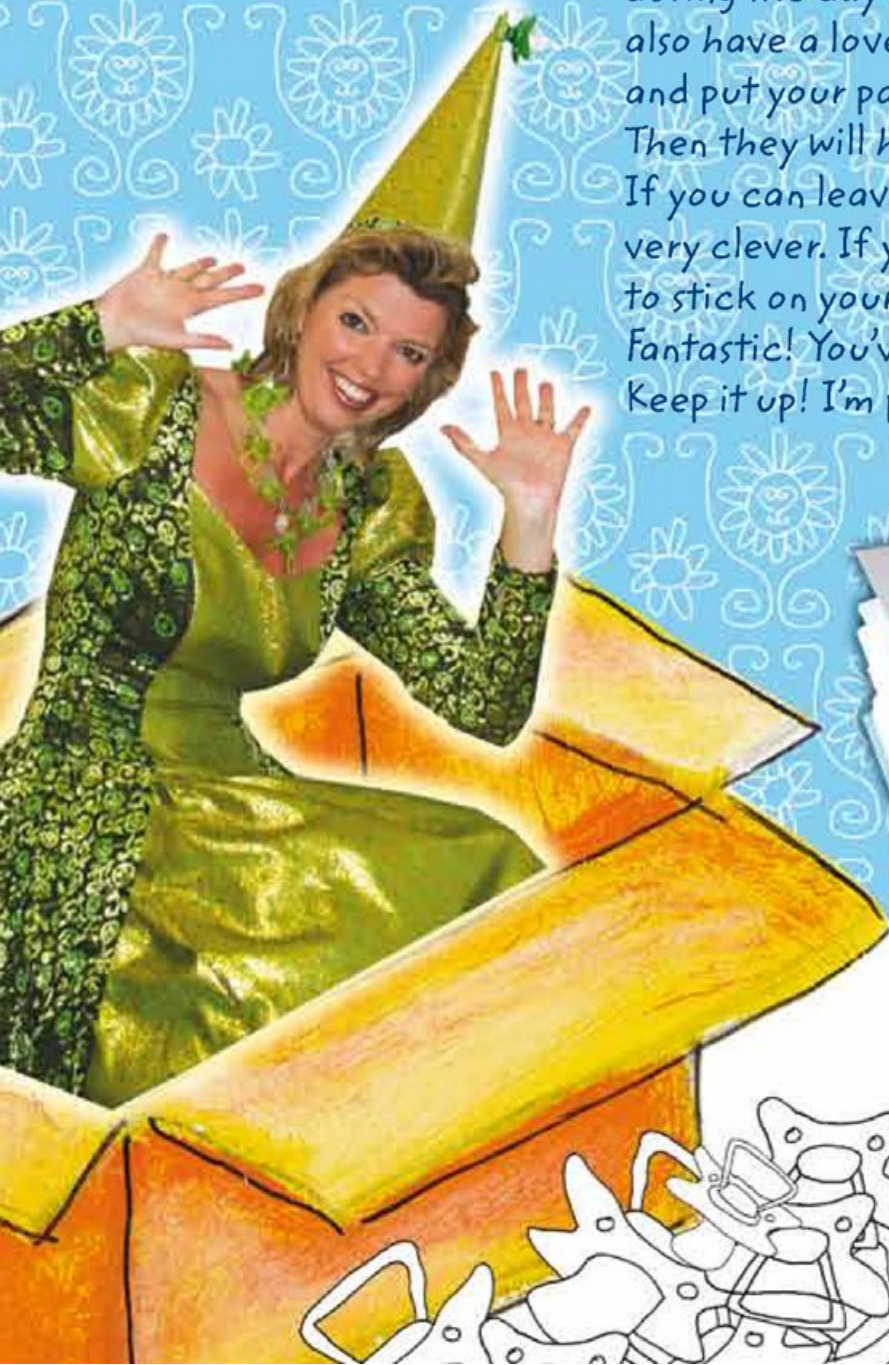
Game 5

Make a pacifier bed.....

Are you as big as Kate? You can let your pacifiers go to sleep during the day too. I'm sure you'll manage to do that if you also have a lovely bed to put your pacifiers in. Make the box and put your pacifiers in it under a blanket during the day. Then they will have had a good rest by the time you go to bed. If you can leave your pacifiers to sleep all day, then you are very clever. If you can do that, you deserve a golden sticker to stick on your calendar. Fantastic! You've already got five stickers! Keep it up! I'm proud of you!

SOO
SOO's
TIP

Let your child tell everyone that the pacifiers sleep in their bed during the day. Tell your next-door neighbour, grandma and grandad, your child's teacher, and even the dog that your child is getting big now and is giving up the pacifier. Pay your child frequent compliments about how big he/she is getting.



.....for your pacifiers!



Your mummy shakes the dreamland tree



And from it fall sweet dreams for thee



Sleep, pacifiers, sleep



Pacifier bed



Your daddy guards the sheep



Cut, fold and stick.....



You can also print out
the pacifier bed from:
www.difrax.com

.....and your bed is ready!

Zzzzz

zzzzzzzzzz

zzz...

Cut out the box (along the black lines).
Fold neatly.
Spread glue on the edges.
Stick.



Day 6

6 plasters on one knee.....

'Nee-nar,
nee-nar!'
shouts Kate.

'Help, help!'
screams Kevin.

He is sitting on a chair on top of the garden table. Kate and Kevin are playing firefighters and Kate is coming to save Kevin from the fire. She has a garden hose in her hand. 'Don't squirt, will you?' says Kevin. 'But then it won't be real,' says Kate. 'But I don't want to get wet,' says Kevin. All the same, Kate turns the tap and a small stream of water comes out of the hose. 'Just a little bit,' says Kate. 'Wait,' she says, 'I'm going to get the stool from the kitchen. We'll put that on top, and then you'll be even higher. It will be just like a flat.' Kate climbs up onto the table and puts the stool on top of the chair.



.....and Kate wants her pacifier



'Come on, Kevin, climb up.' When Kevin sees the high tower, he is scared. 'I don't want to,' says Kevin.

'Don't be so silly,' says Kate, crossly. 'It's not scary at all. Watch me.' Kate bravely climbs to the top of the tower. It wobbles and teeters in all directions, but Kate manages it. 'You see, it's not scary at all.' But at that moment the stool slides off the chair, the chair tips over and Kate falls on her knees in the gravel.

Ouch! That hurts. There are 6 bits of gravel sticking up out of Kate's knee, like candles on a birthday cake. Her knee starts to bleed. 'I WANT MY PACIFIER,' screams Kate. But the pacifiers are all upstairs in the pacifier bed. Kate is inconsolable. Then she feels something soft. 'Here, you can borrow him for a while,' says Kevin. He holds his Pacifier Mouse against her cheek. 'Just feel how nice and soft he is.' That helps. Kate has to have 6 plasters on her knee. She thinks she is really brave. And Kate isn't upset any more, because she has.....Pacifier Mouse to comfort her!



Game 6

Join the blue dots.....



Join

the blue dots with a pencil or felt-tip pen. Who can you see? Colour the picture in nicely, and then you can have another sticker.

.....Who can you see?



Day 7

Kevin is going to stay with someone...

Kevin is going to stay with his grandma, but Kate is not going with him.

'How long will you be gone, Kevin?' asks Kate.

'This many nights,' says Kevin, and he sticks six fingers up. Kate is shocked. That's a very long time. 'You can't go away for so long. What will I do if I have to have a plaster?' says Kate, worried. 'Pacifier Mouse won't be here to comfort me.'

Pacifier Mouse is a lovely soft toy mouse. Kevin got him from Soo Soo the pacifier fairy. He sent off his last pacifier and then the fairy sent him Pacifier Mouse.



.....and so is Pacifier Mouse!



Kevin scratches his head and thinks very hard. 'Well then, Pacifier Mouse will have to come and stay with you. There's nothing else we can do.' Kate begins to beam. 'Yes, what a good idea,' she shouts happily. 'I will look after him really well.' Kate and Pacifier Mouse together wave goodbye to Kevin, who has his nose pressed against the car window. 'Have a nice time with your grandma,' she shouts after him. 'I have the best friend in the whole world,' thinks Kate.

*She holds
Pacifier Mouse
against her cheek. Hmmm,
lovely and soft.*



Kevin's case is still completely empty. What should he take with him? Perhaps you can help Kevin to pack. Draw a circle round all the things that should go into the case. As a reward, you get another sticker for your calendar.

SOO
SOO's
TIP

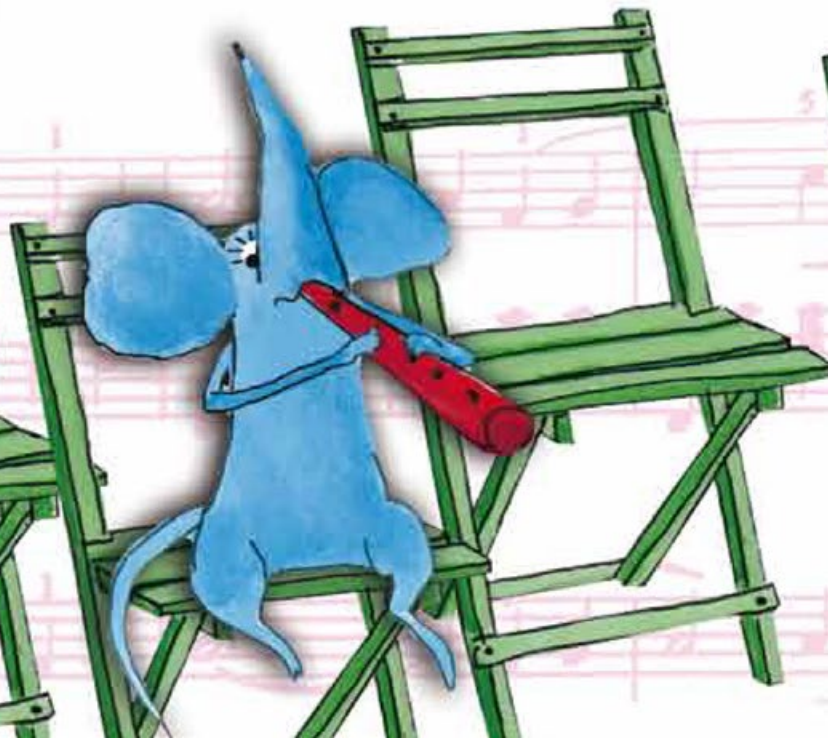
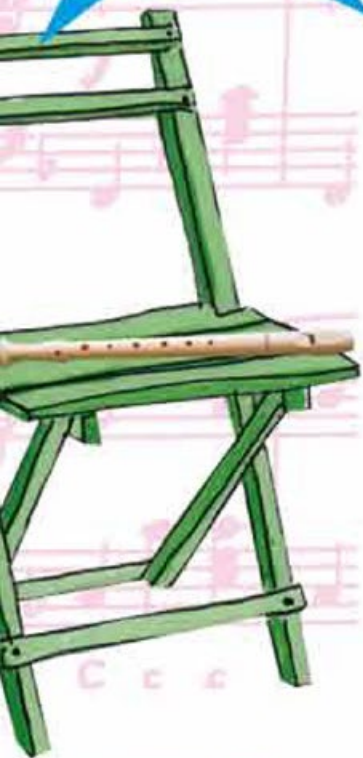
It will be necessary to distract your child at difficult times. Give your child a substitute at times when he/she would normally want the pacifier. This could be a cuddly toy, playing a favourite game, sitting to watch TV together, or perhaps a drink or a biscuit.

.....Can you help Kevin?



Pacifier Mouse is sitting on the floor next to Puss. Kate stands in front of them waving a stick. 'I'm the conductor,' she shouts, 'TRALALALALALALALA.' Pacifier Mouse's ears are hurting and Puss puts her paws over her head. Now that Kevin has gone away, Kate plays with Pacifier Mouse and Puss. Kate is the conductor and everyone has to sing. But Puss keeps her mouth firmly shut and Pacifier Mouse is not really doing his best. So Kate sings for all three of them. Then Kate turns round to the invisible audience. 'Ladies and gentlemen, today we are going to sing a special song for you: the pacifier song. Pacifier Mouse and Puss will perform it.' The invisible audience claps loudly and Kate turns round. She taps the edge of the table a couple of times with her baton and clears her throat.

1..2..3...Kate's choir starts to sing at the top of their voices...



.....Sucking pacifiers all the day!



'What a fantastic song,' roars the invisible audience when the performance is finished. 'BRAVO! BRAVO!' Kate turns round again. 'Thank you very much, thank you,' she says, making a deep bow.



GIVING UP YOUR PACIFIER SONG
to the tune of 'Twinkle, twinkle, little star'

Sucking pacifiers all the day,
No one can hear what I say.
Pacifiers are for babies cool,
Not for big kids going to school.
And I want my teeth just right:
Nice straight teeth, bright shiny white.

Sucking pacifiers all the day,
I want you to hear what I say.
I'll send my pacifier to Soo Soo,
The pacifier fairy, kind and true.
She'll send me a Pacifier Mouse,
To be my friend, live in my house.



Game 8

Learn the pacifier song.....

If you want to earn a sticker today, you don't need to draw or cut and paste anything this time. Today, you are going to learn the pacifier song. Then you can give a performance, just like Kate. Your daddy and mummy, grandma and grandad, your next-door neighbour, and your teacher at school can all come and listen. I know for sure that your audience will clap just as hard as Kate's audience did. Good luck!



Bes bes bes





Stoppen met Foppen

Tekst Maroesjka Vermolen

op de melodie van 'Altijd is Kortjakje ziek'

Bewerking thema W.A. Mozart
Arrangement Joop Post

Piano

D G D A D A⁷ D

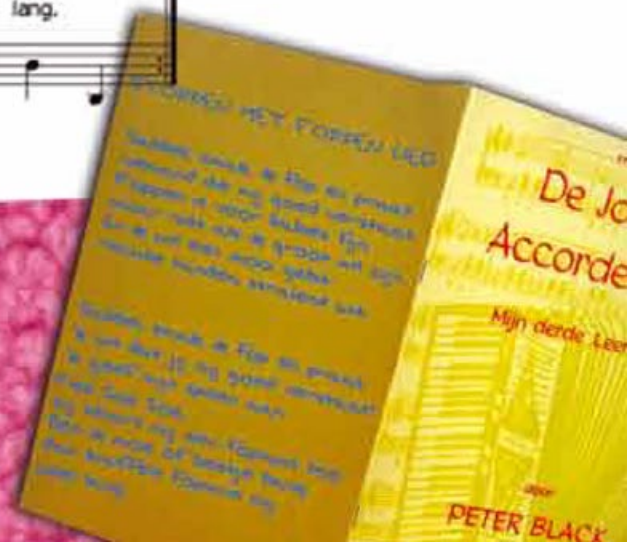
Sab - bel smak, ik fop en praat... nie - mand die mij goed ver - staat.
 Sab - bel, smak, ik fop en praat... 'k wil dat jij mij goed ver - staat!

5 D A⁷ D A D Em⁷ D A

Fop - pen is voor ba - bies fijn, maar niet als je groot wilt zijn...
 'k geef mijn speen aan Fee Soe Soe, zij stuurt mij een fop - muis toe...

9 D G D A D A⁷ D

En ik wil een mooi ge - bit: rech - te tan - den stra - lend wit!
 Ben ik moe of beet - je bang... dan knuffel fop - muis mij heel lang.



Day 9

Pacifier Mouse doesn't want to stay an

Kate
brushes her teeth.
It's time
to go to bed.

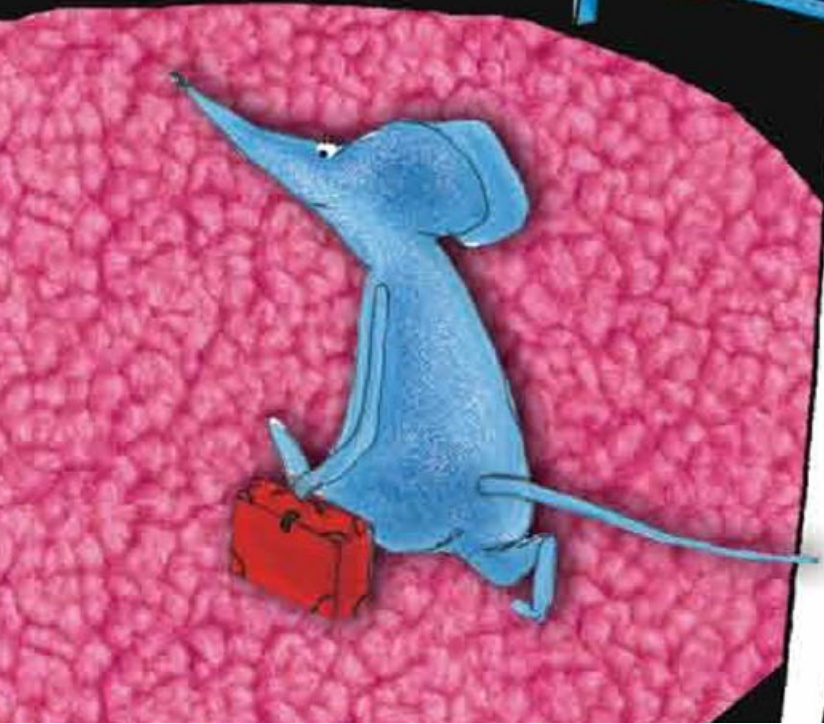
She puts her pyjamas on and gets into bed.
Kate lifts the blanket on the pacifier bed and
chooses her green pacifier.
Pacifier Mouse sits on Kate's bedside cupboard and
waits patiently. But Kate doesn't pick up Pacifier
Mouse. She rolls over and falls contentedly to sleep
sucking her pacifierwithout Pacifier Mouse.
The soft kind mouse suddenly doesn't like staying with
Kate any more. He wants to go in Kate's warm bed,
under the covers, just like he does at home
with Kevin.



ty more.....because Kate has a pacifier



But Kate doesn't need Pacifier Mouse, because Kate has a pacifier.



Game 9

Find Kate's bed.....Find t

Pacifier Mouse really wants to sleep in Kate's warm bed. But Kate has her pacifier. On the next page, you'll see a maze. Can you find the quickest way for Pacifier Mouse to get to Kate's bed? Have you found it? Pacifier Mouse is really pleased with you and he'll give you another sticker.



SOO SOO's TIP

If your child starts sucking his or her thumb as a substitute, try to explain first of all that thumb sucking is not good and that it's better to have a soft toy to cuddle. If there's really no alternative, it's better to give the pacifier back. It really is advisable not to let your child get into the habit of thumb sucking. If that happens, it's better to wait a while longer.

Day 10

Pacifier Mouse doesn't give up.....

WHEEEE....Pacifier
Mouse leaps through the air
with one big jump and lands
on Kate's pillow.



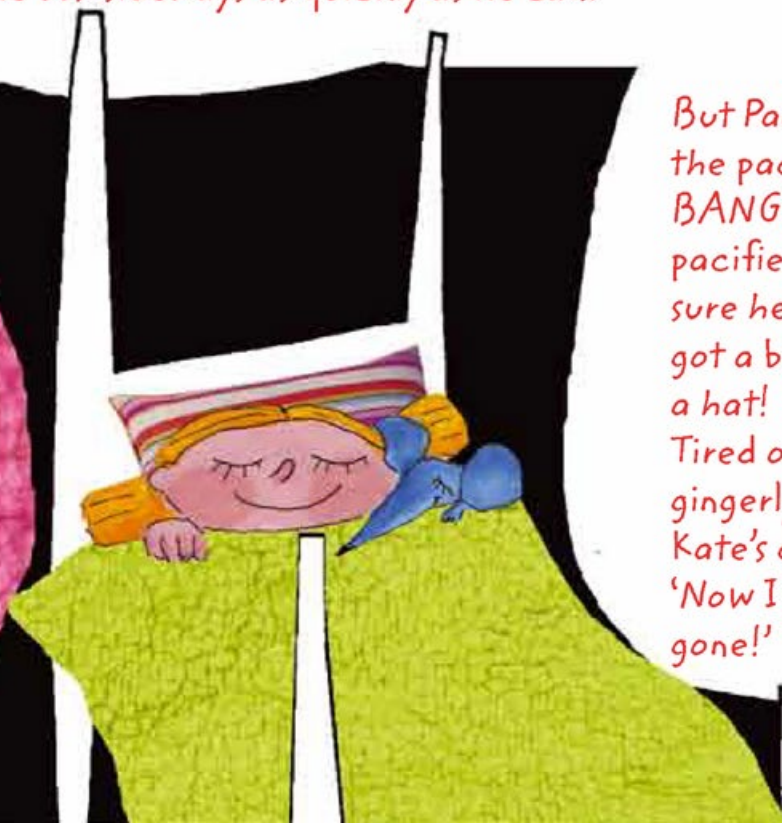
...because he really does want to get in bed!

He really doesn't feel like spending the whole night on the cupboard. SMACK, SMACK, SMACK, there lies Kate, fast asleep, happily sucking her pacifier. Pacifier Mouse takes hold of the ring of the pacifier with his paws and starts to pull as hard as he can. 1...2...3..., but it just does not budge. 1...2..., Pacifier Mouse pulls and pulls, and at ...3 he tumbles over backwards with the pacifier onto the floor. He hides the pacifier under the bed. 'She won't find that,' mutters Pacifier Mouse and he rubs his paws together with glee. He climbs quickly upwards, but when he pokes his head over the edge of the bed, he is just in time to see Kate's hand feeling for a new pacifier from the pacifier bed. Pacifier Mouse at once runs to the pacifier bed. Then, just before Kate grabs another pacifier, he pushes the box sideways as quickly as he can.



But Pacifier Mouse pushes far too hard. And the bed with all the pacifiers and...Pacifier Mouse fly down off the cupboard. BANG! The poor mouse lies on the floor under a huge pile of pacifiers. OUCH! That was a hard fall. He feels his head, he's sure he has an enormous bump. But no, Pacifier Mouse hasn't got a bump on his head, it's a pacifier. How funny! It looks like a hat!

Tired out, Pacifier Mouse climbs up the bed again. He slides gingerly between the sheets. Pacifier Mouse snuggles up to Kate's cheek. 'Hmm. Nice and warm,' thinks Pacifier Mouse. 'Now I can sleep in Kate's bed after all, and the pacifier is gone!'



Game 10

We are going to make some nice th

Poor Pacifier Mouse really did not like the idea of spending the night on the cupboard. He wanted to be in bed with Kate. Only he forgot that there are still loads of pacifiers in Kate's pacifier bed. How many pacifiers do you have left? Let's make some nice things with the pacifiers. Look, Pacifier Mouse has made one into a fine hat. You can turn your pacifier into a nice necklace. You can stick, paint, or do whatever you want. Have a good look at the pictures of some of the things we have made.

If you cover your pacifier with paper, you can paint it or decorate it with glitter. If you have a lot of pacifiers, decorate more of them and make a beautiful streamer for your bedroom. Because you have already earned 10 stickers, you can have another gold sticker today.

500
500's
TIP

The first opportunity to say goodbye to your pacifiers. Get rid of half of the pacifiers you have left by transforming them into something else. When using them to make things, always cut the teat off the shield!

Things.....with pacifiers!



Make your pacifier into a nice necklace.



Make a pacifier pig!

Brighten up your cupboard with pacifier knobs.



A silly face monster for your coat or bag.

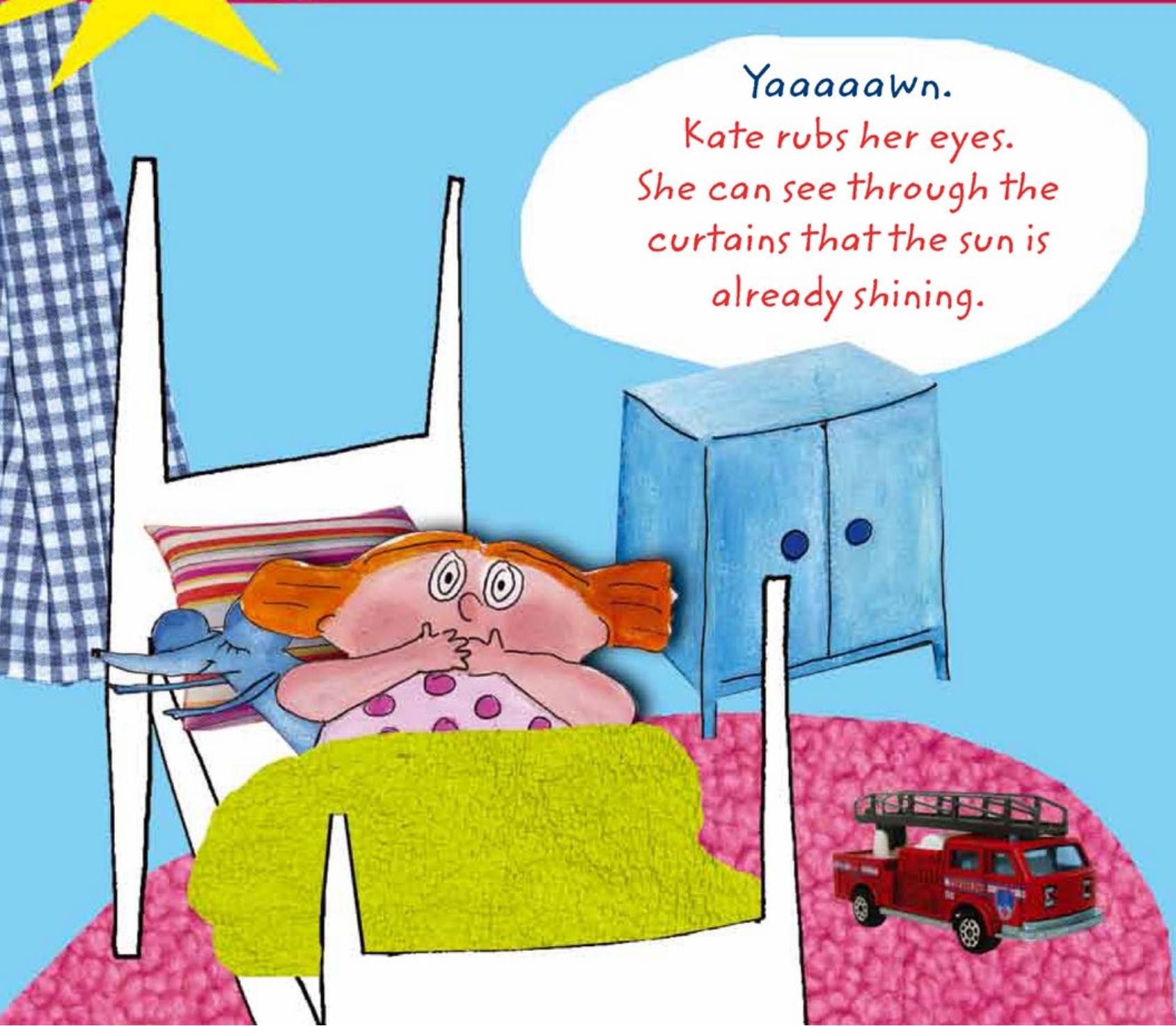


Day 11

What a lovely sleep I've had.....

Yaaaaawn.

Kate rubs her eyes.
She can see through the
curtains that the sun is
already shining.



.....hey, without my pacifier?



'What a lovely sleep I've had,' thinks Kate. She goes to put her pacifier into the pacifier bed but...that's funny, she hasn't got a pacifier in her mouth. She looks around in the bed and under her pillow. No pacifier, but...

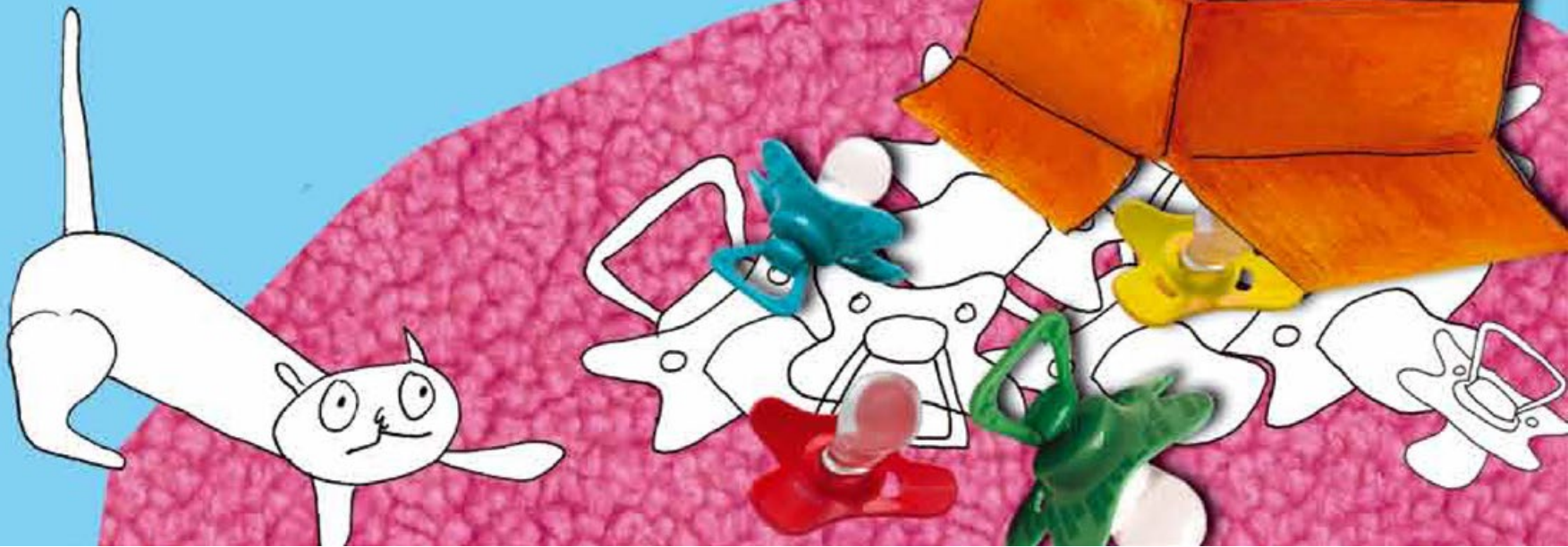
there's Pacifier Mouse. How strange! And the pacifier bed is not on her bedside cupboard any more.

Kate does not understand it, she looks over the side of the bed and sees a big pile of pacifiers on the floor in the middle of her room.

'What's happened?' thinks Kate. Pacifier Mouse secretly watches Kate tidy up all the pacifiers and put them back in the pacifier bed. Then she picks up Pacifier Mouse and gives him a hug and a kiss.

'It's great that you're staying with me, dear Pacifier Mouse, because now I've had a good sleep without a pacifier.'

She runs downstairs with Pacifier Mouse. 'Mummy,' calls out Kate, 'I slept without a pacifier!'



Game 11

What is wrong here?.....

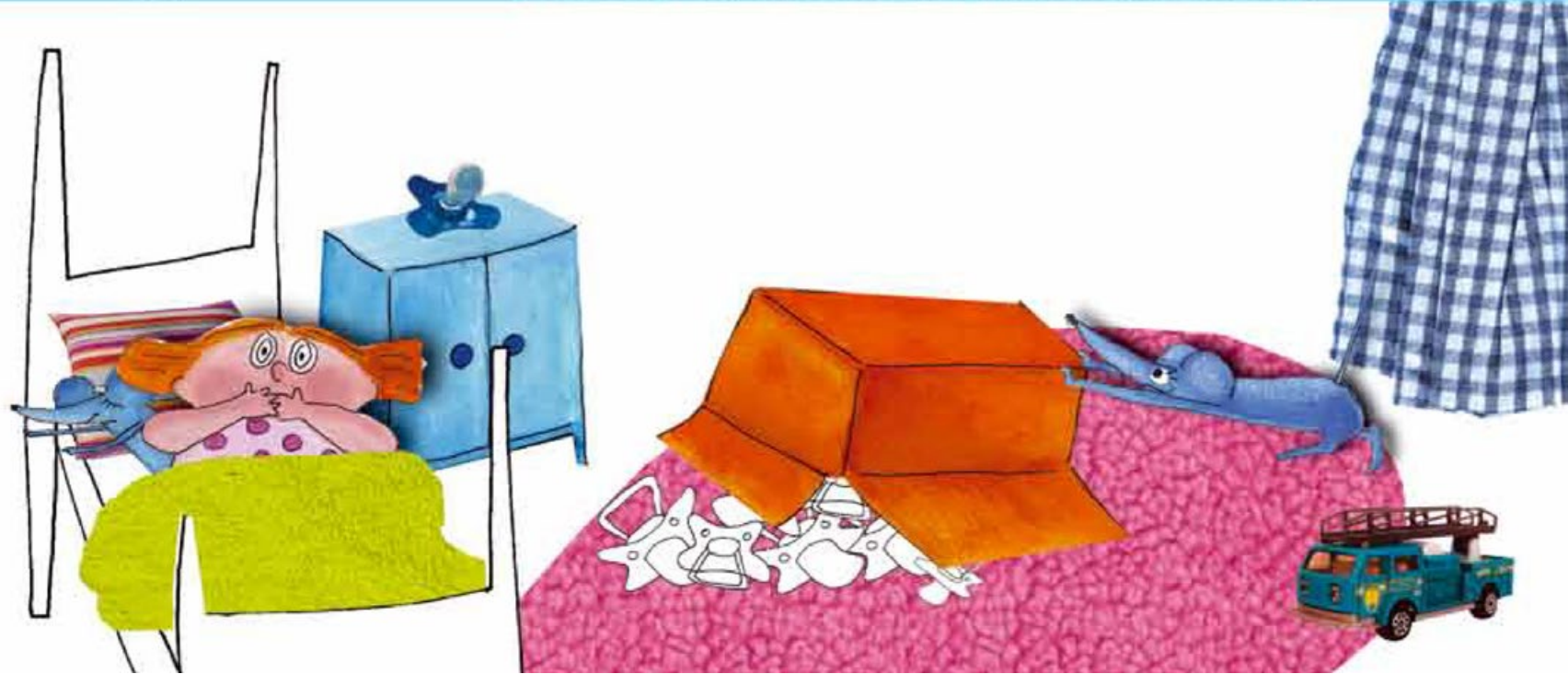
Look at the two pictures. Are they the same or not?
Look carefully and see if you can find the differences between the two pictures. There are five! Start soon, because once you have found all five differences you can stick another sticker on your calendar. Can you see that your calendar is nearly full?
Well done! You're a star!!!!

Try to get your child to sleep without a pacifier tonight. Make bedtime a bit special and pay your child lots of compliments. Give your child time and attention at bedtime, but don't sit in the room until he or she falls asleep. Otherwise, that will become a new ritual.

SOO
SOO's
TIP



.....Find the five differences!



Kate is sitting with Pacifier Mouse and Puss by the little ditch. She has made a paper boat. 'Shall we see if it will sail?' she asks Pacifier Mouse. She carefully floats the boat on the water.

'Look, off it goes, all the way to America,' she calls out cheerfully. The little paper boat is carried away by the current. Kate makes another boat. 'What a pity that the boat is empty!' thinks Kate. 'Pacifier Mouse, do you want to sail in a boat?' she asks the toy mouse. But then Kate remembers that it's nearly time for Kevin to come home, and he certainly won't like it if his Pacifier Mouse goes to America without him. Puss doesn't want to sail in a boat either, because pussy cats don't like getting their paws wet.



.....to America!



Then Kate has a good idea. She runs indoors and gets the pacifier bed. She makes enough paper boats for all the passengers. The boats are filled to the brim with pacifiers.

'Goodbye dear pacifiers, farewell and good luck in America,' says Kate happily, as she waves after the long procession of boats. Kate still has just one pacifier left in her hand. She has saved this for...you never know.

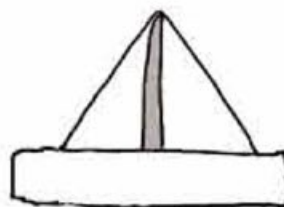
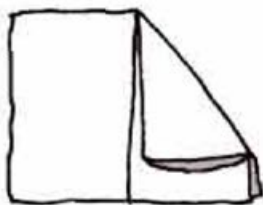
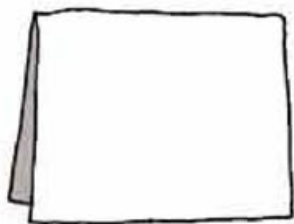


Make a paper boat and.....

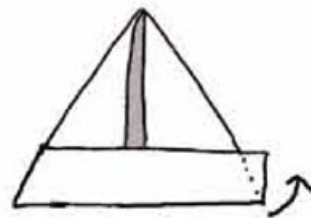
Make a boat, just like Kate, and put the pacifiers you have left in it. You can save just one really nice pacifier, just like Kate, because you never know. When you have let your boat sail away and you have waved goodbye to your pacifiers, you can stick another lovely sticker on your calendar.



...Wave goodbye to your pacifiers!



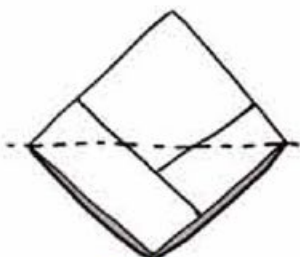
Fold flaps up



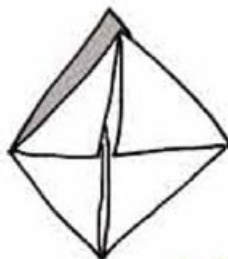
Fold corners in



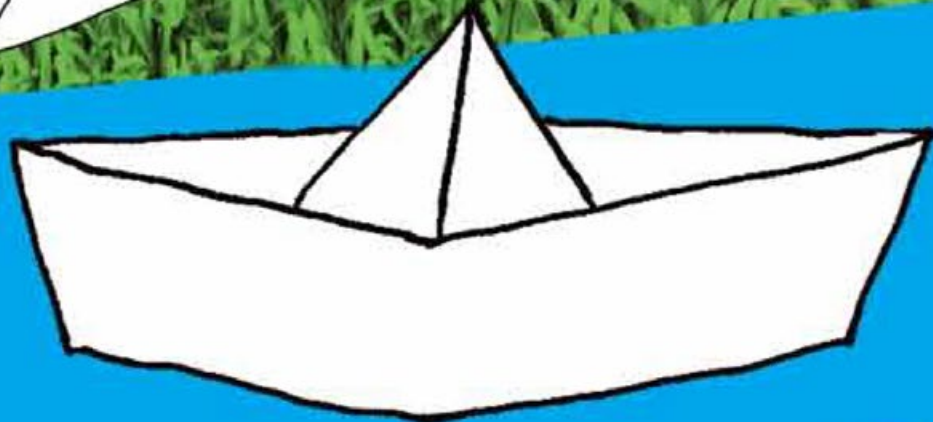
Open up and fold back the opposite way



Fold flaps up



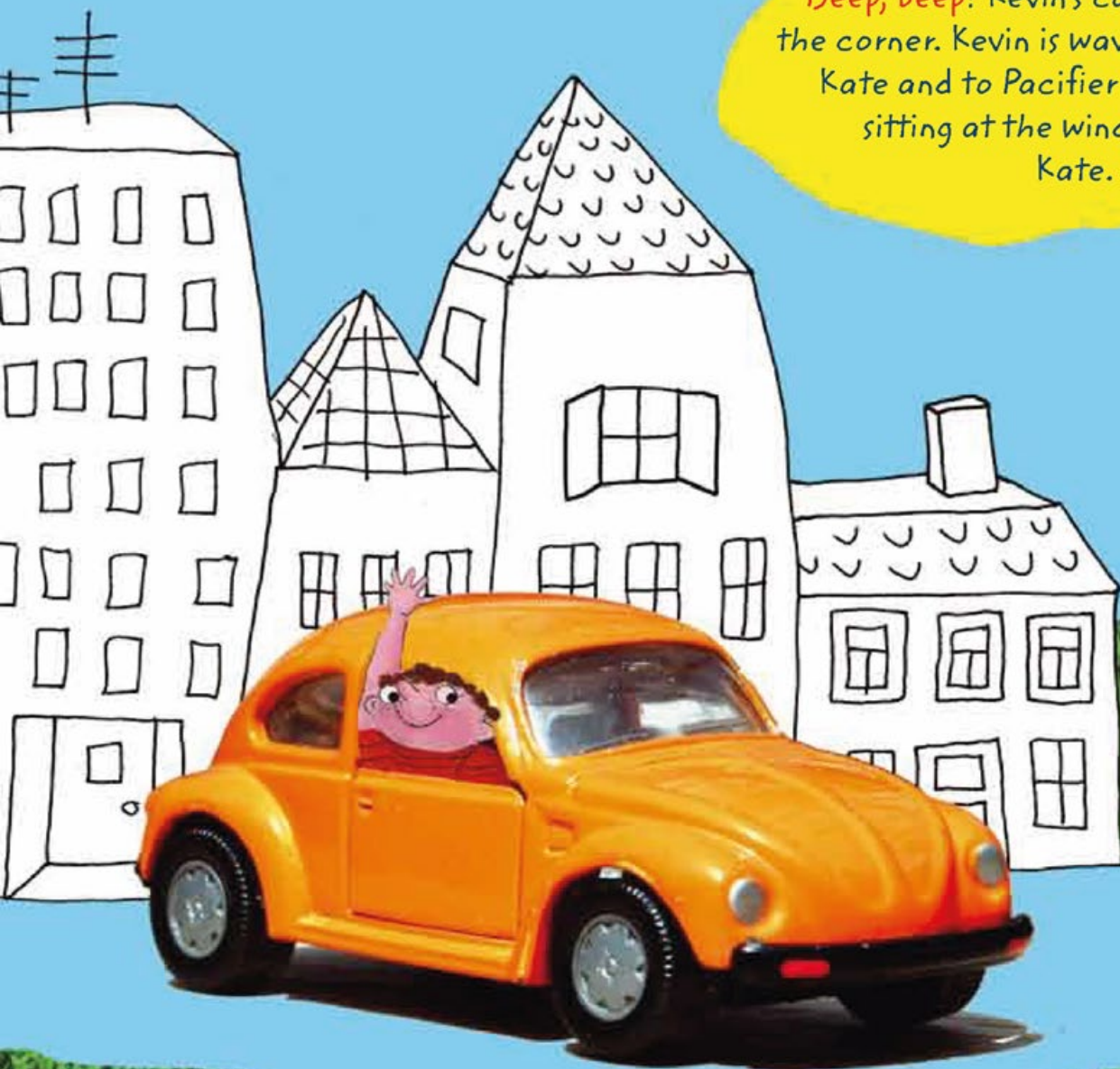
Open up and fold back the opposite way



Day 13

Kevin comes back.....

Kate sits by the window.
Beep, beep! Kevin's car comes round
the corner. Kevin is waving cheerfully to
Kate and to Pacifier Mouse, who is
sitting at the window next to
Kate.

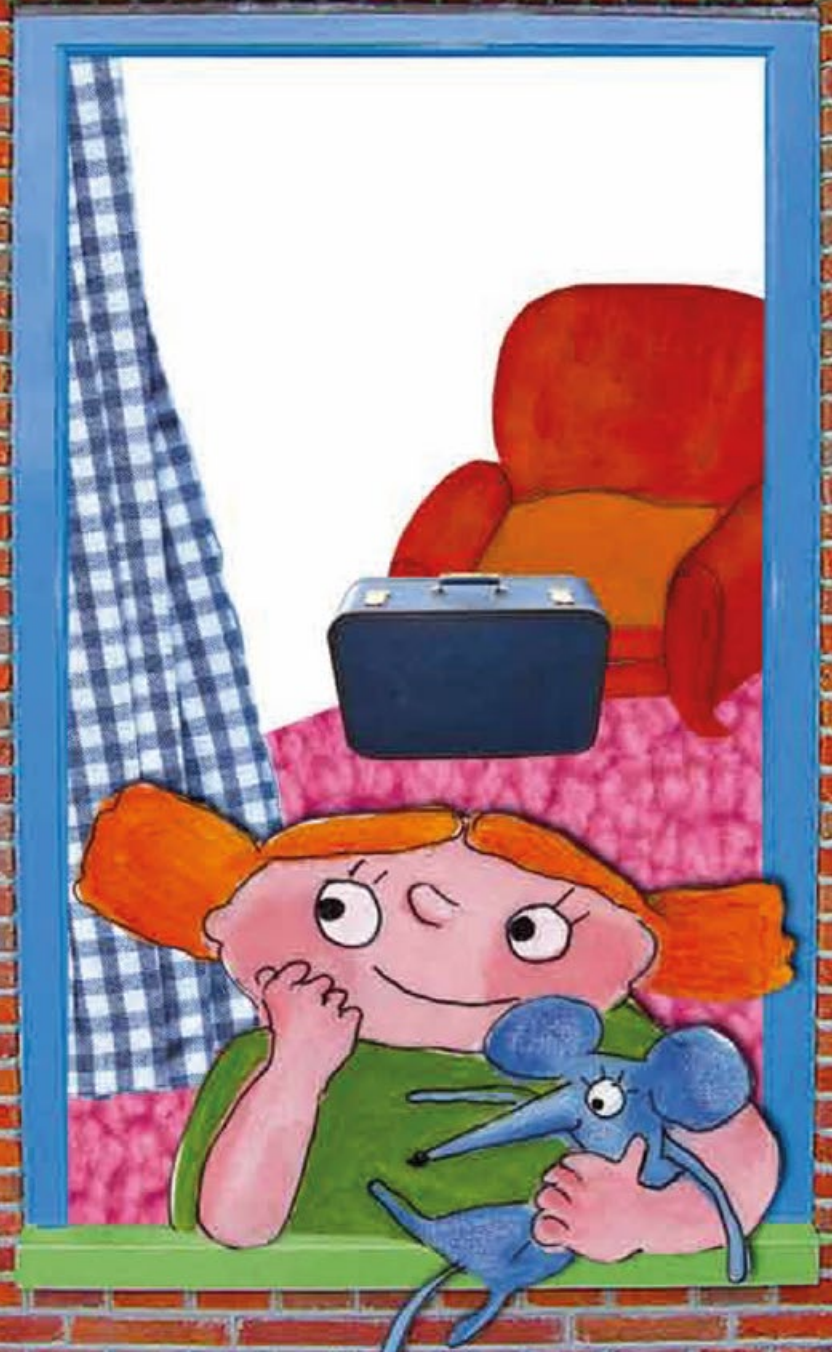
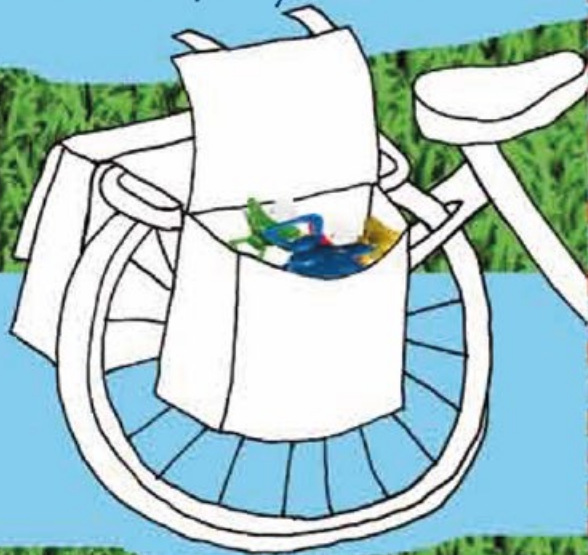


...and Pacifier Mouse goes home!

'Did you have a nice time at your grandma's?' Kate asks, when Kevin gets out of the car.

'Yes, I always have a great time when I stay [i lo-geren] with my grandma,' says Kevin. 'I get sweets every day and grandma plays with me. We go to feed the ducks every day as well and...I'm allowed to sleep with grandma in her big bed.'

Kevin picks up his pacifier mouse. 'And have you had a nice time Pacifier Mouse?' he asks his toy mouse. Pacifier mouse is pleased to see his friend again. They play for a while and then Kevin has to go home...taking Pacifier Mouse with him. Kate gives Pacifier Mouse a kiss. She is really pleased that Kevin is back, but she is not very happy about Pacifier Mouse going home. Kate watches Kevin walk along the street with Pacifier Mouse. They wave to Kate. Kate waves back and says quietly to herself: 'Bye, Pacifier Mouse, see you soon!'



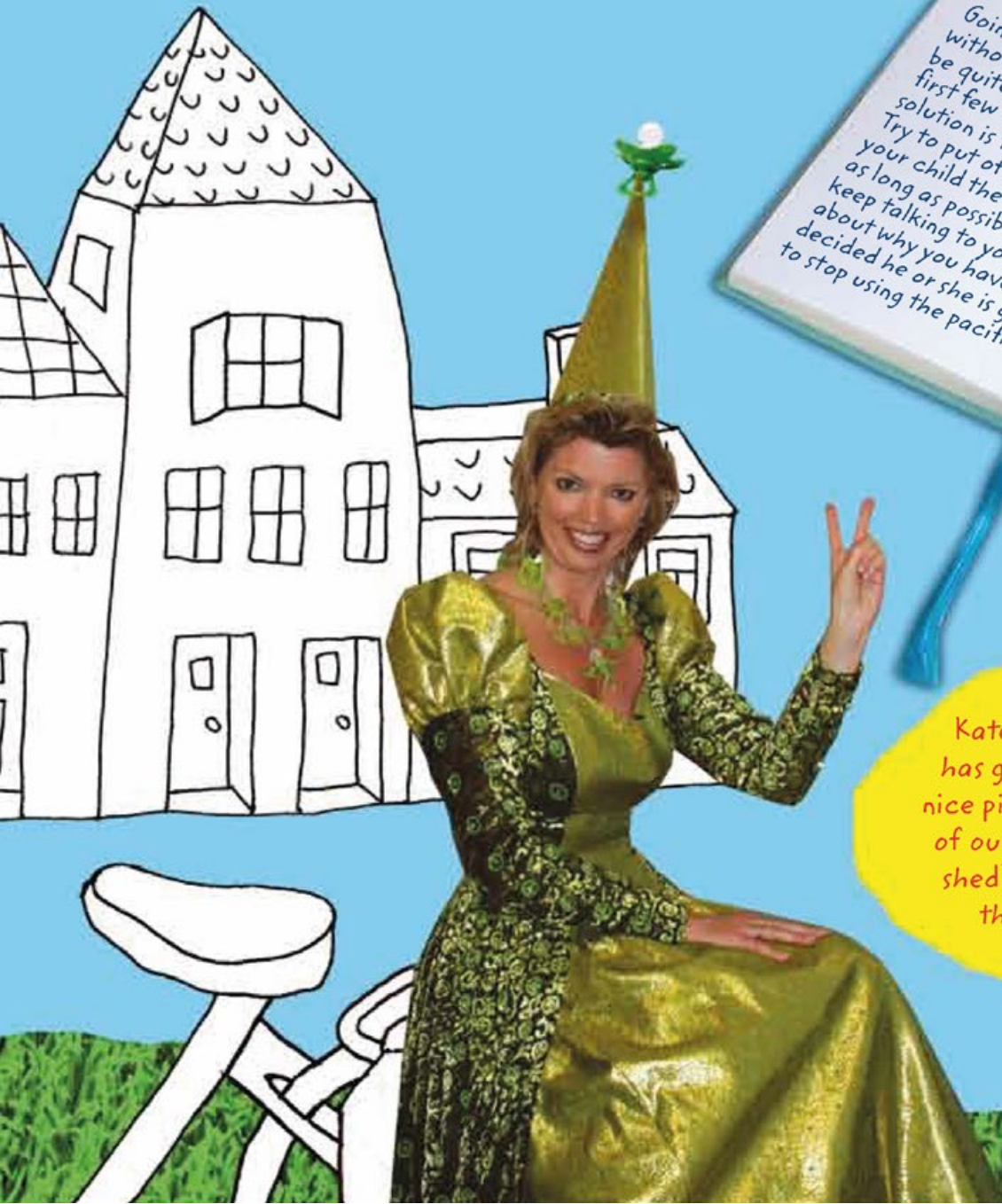
Game 13

Draw a picture of.....

Going to sleep at night without a pacifier can be quite difficult for the first few times. The only solution is to persevere. Try to put off giving your child the pacifier as long as possible and keep talking to your child about why you have both decided he or she is going to stop using the pacifier.

Let your child see that you understand, but explain firmly that it really is better not to use a pacifier. If your child really cannot go to sleep without the pacifier, it's a good idea to take the pacifier away once he/she is asleep and close your child's mouth.

Kate is really sorry that Pacifier Mouse has gone home again, and so she draws a nice picture of him. Can you draw a picture of our soft little mouse too. Have you finished? Stick on another sticker then. Oh, there are only 2 left. How exciting!



.....Pacifier Mouse!



'That's 50p,' says Kevin. He gives Kate a big envelope and sticks a sticker on it. 'That's the pretend stamp.' Kate fishes a couple of coins out of her purse and pays Kevin the postman. 'Wait a minute, there's nothing in the envelope. You can't send an empty envelope, that would be silly,' says Kevin.

Kate thinks very hard. Aha, she's thought of something. She goes to her room and takes the picture of Pacifier Mouse from the table.

'Look, I've got something,' says Kate, as she puts the picture in the envelope carefully without creasing it.



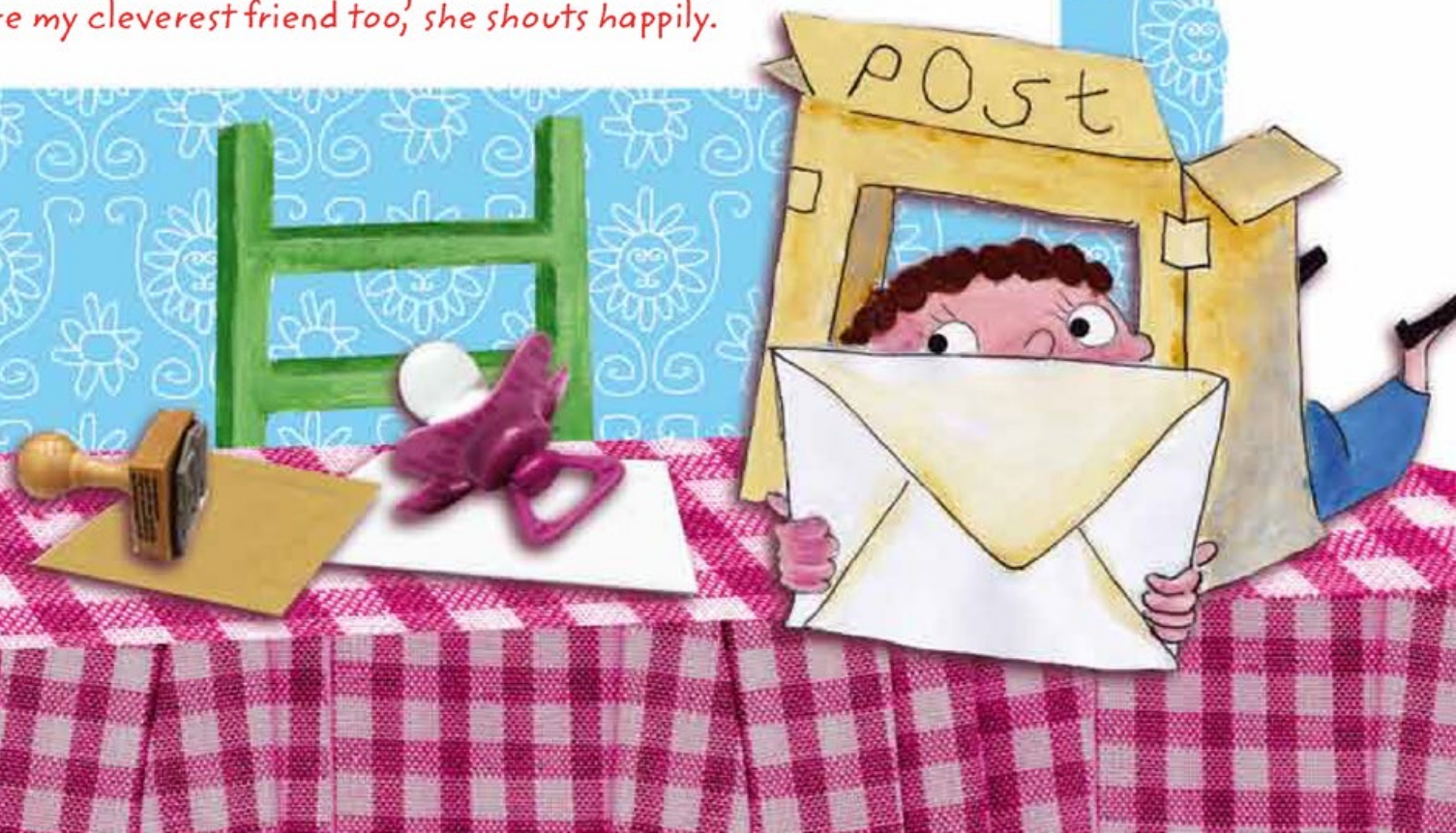
so she must post her pacifier in the letter box!

'Who did you do that for?' asks Kevin, when he sees the beautiful drawing.

'Not for anybody,' replies Kate. 'Well, I did it for myself really. When you came to collect Pacifier Mouse, I missed him so badly that I just did a drawing. Then it's a bit like I've still got him with me.'

They sit on the floor together and look at the envelope. 'Wait a minute, Kate,' says Kevin suddenly. 'If you put your last pacifier in and send the envelope to Soo Soo the pacifier fairy, you'll get a Pacifier Mouse too. And he will be your very own Pacifier Mouse!'

Kate beams from ear to ear. 'Kevin, you are not only my best friend, you are my cleverest friend too,' she shouts happily.



Game 14

Make an envelope for.....

SOO
SOO's
TIP

Make sure you always have a substitute for the pacifier with you. Have a small soft toy, a book, a biscuit, or a juice drink in your bag. Be consistent in always offering your child the substitute. This demands perseverance on your part, but don't allow yourself to give in and give your child a pacifier again. And...don't forget to show that you are proud of your child when he or she allows him/herself to be comforted by something other than a pacifier.



.....Soo Soo the pacifier fairy

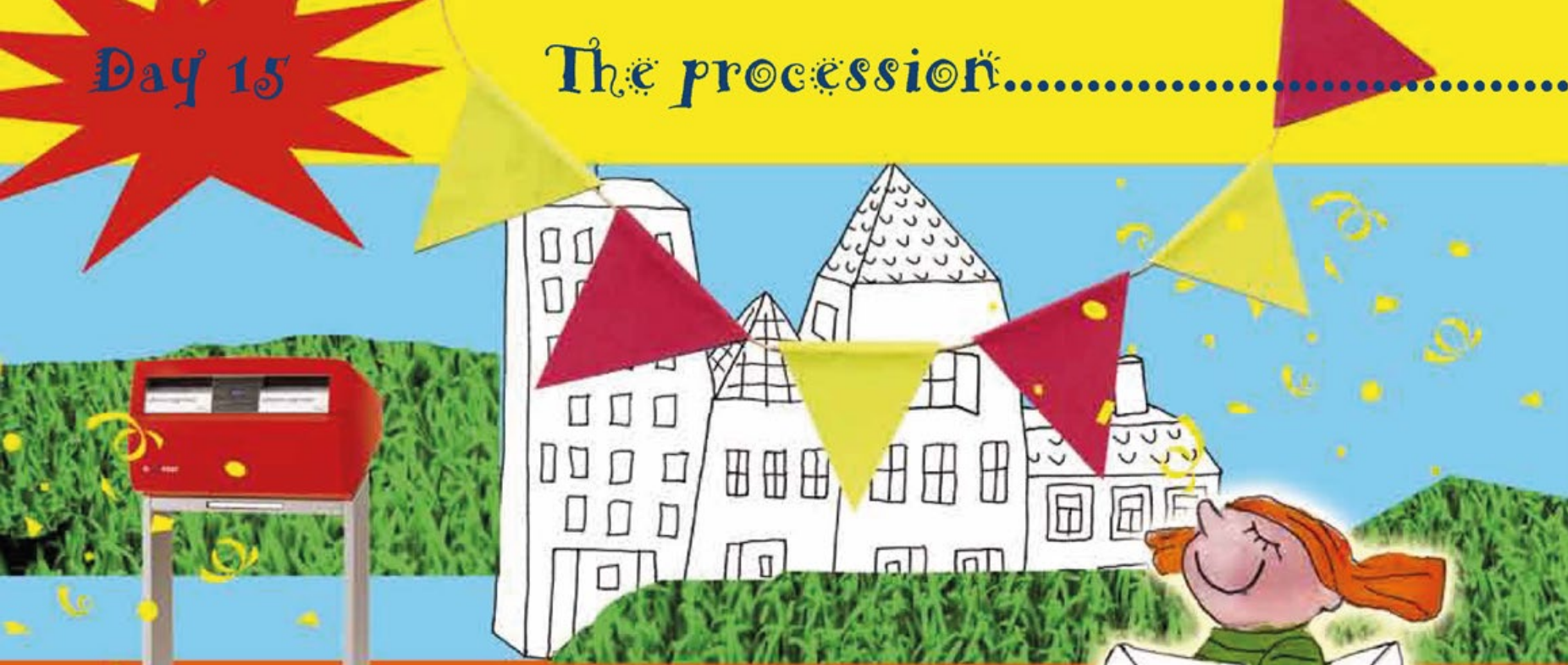


You are nearly there. Your calendar is almost full of stickers. That means that you are ready to send your last pacifier to Soo Soo the pacifier fairy. Find a nice big envelope. You can put the drawing of Pacifier Mouse in it or you can do another drawing if you want. Let your daddy or mummy write the address on the envelope, so that we can be sure that I will get it. Put your pacifier inside, but don't stick the envelope down yet. When you've done that, you can stick another sticker on your calendar. Only 1 sticker to go! You are nearly there!



Day 15

The procession.....



Kate gets dressed in no time this morning. She runs downstairs where the big envelope is waiting. Kate seals the envelope, mummy writes the address on it and daddy is standing ready with a real stamp! How proud they are of Kate! Kate can't wait. As proud as a peacock, she steps outside with the big envelope clasped in her hand. Puss goes with her and mummy and daddy too.

When her next-door neighbour sees the little procession walking by, she quickly comes outside. 'What's going on here?' she asks. 'I am sending my last pacifier to Soo Soo the pacifier fairy,' shouts Kate, as she marches towards the letter box. The next-door neighbour and her husband follow along too. Then they reach Kevin's house. He tags along too with Pacifier Mouse. The procession of people gets longer and longer.

.....Hurrah for Kate!



Then the long procession stops, because they have arrived at the letter box. The big moment has arrived and daddy lifts Kate up so that she can reach. '1..2..3..,' everyone shouts all together, and the envelope slides through the slot into the letter box. Everyone starts to cheer and Kate is proud, so proud. All at once she feels very grown up, because she doesn't need a pacifier any more!



Game 15

The time has come.....



500 500's TIP

Keep the full calendar, so that at difficult times you can still show your child all the stickers he/she earned and how well he/she did. Talk regularly to your child about not using a pacifier any more. If your child asks for a pacifier, explain calmly what you did with all the pacifiers: the things you made, the sailing boats and the last pacifier in the post. And tell your child that Pacifier Mouse will now arrive soon! And tell him or her, of course, how proud you are to have a child who doesn't need a pacifier.



.....put your pacifier in the letter box!

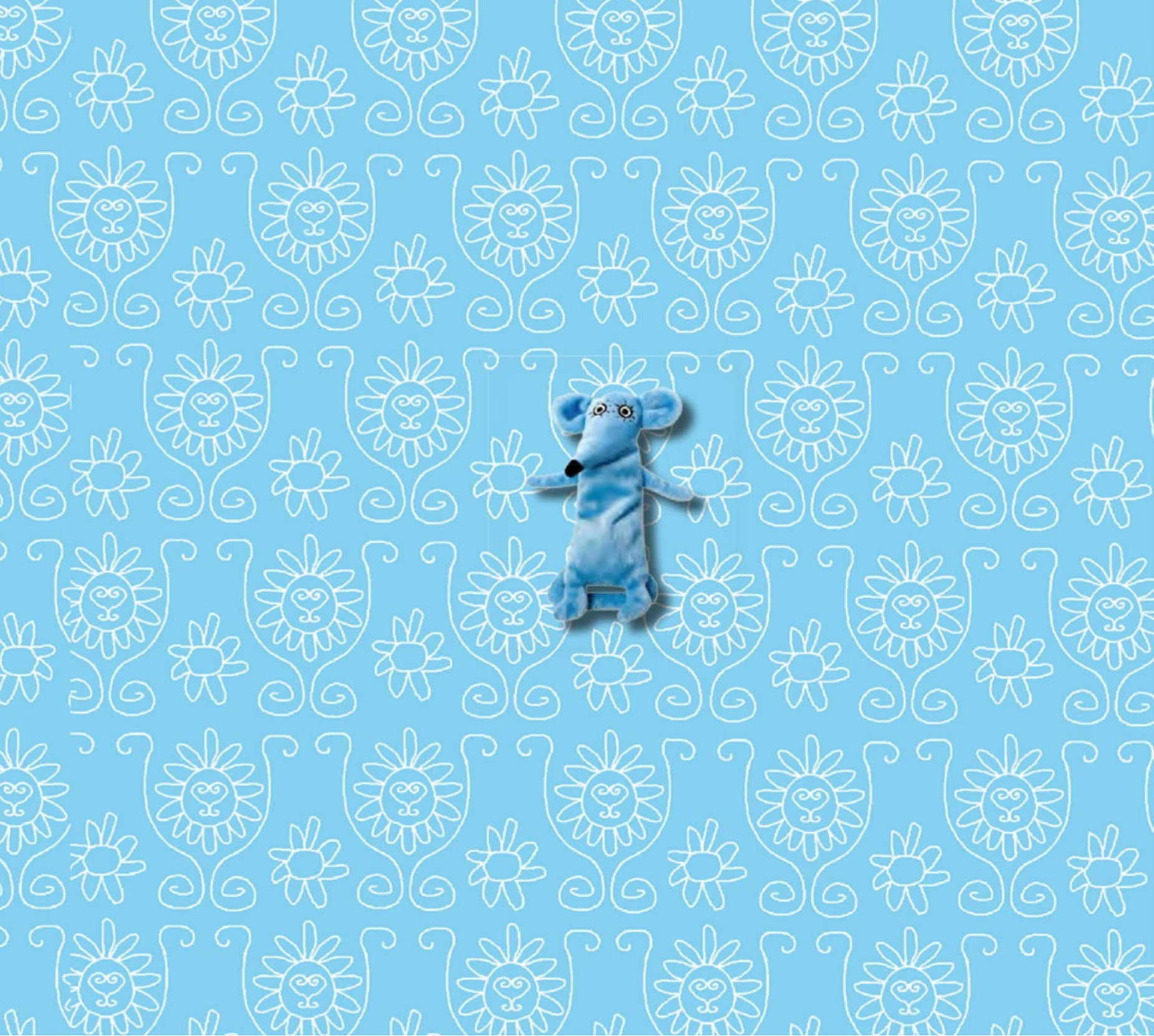


To earn the last sticker, get daddy and mummy to help you to cut the teat off your last pacifier and put the pacifier in an envelope.

BRAVO! Now you can stick the last gold sticker on your calendar! Off you go to the letter box! Who are you taking with you in your procession?

Congratulations, you did it. You've done really well. I know that your daddy and mummy are really very proud of you. And I, Soo Soo the pacifier fairy, am proud of you too, of course. So I'm going to send you your very own Pacifier Mouse as soon as I can. Please be kind to him.

A big kiss from Soo Soo the pacifier fairy.







Giving up the comfort and security provided by the familiar pacifier is pretty difficult. Difrax does its utmost to put reliable, quality pacifiers onto the market. But, with this book, we would also like to help you think about how to break the pacifier habit.

The 15-day stop plan has been carefully put together with a story and an activity or game for every day. Along the way, Soo Soo the pacifier fairy offers tips for parents and the programme is clearly explained.

A paediatric dentist and a speech therapist were consulted in the making of this book. So we have produced a book that offers sensible advice, is educational, and is a pleasure to use for both parent and child.

On day 15, the last pacifier can be sent off to Soo Soo the pacifier fairy and Pacifier Mouse, the substitute comforter (who also plays a role in the story), will be sent to your child.

Idea and text Vivienne van Eijkelenborg
Illustrations and text Inge Nouws

Suitable for children from 3 years with some help from parents.

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