

Pacifier guide

A complete guide to BIBS pacifiers and nipples



Welcome to the BIBS family

BIBS is a premium Danish baby brand that has produced high-quality pacifiers in the best possible material, with an aesthetically pleasing design since 1978. Our initial focus was on pacifiers and our iconic round Colour pacifier has a history of more than 40 years. Wit the highest regard for functionality and safety, we believe that personal expression is key and with over 50 different pacifier colors, and two new color collections each year, we ensure that there is something for every taste. Colors are the very DNA of BIBS. We want to contribute to a colorful beginning for your child. All our pacifiers are carefully designed and manufactured in Denmark.

Finding the right pacifier for your baby

Parenting is a great journey. But this journey can also be stressful for new parents who are unsure about which products are the best for their baby. We are here to guide you every step of the way.

From birth babies have a natural sucking reflex. It is not only a vital reflex for the baby to get food but sucking also has a calming effect on the baby, reminding the baby of something safe and familiar in an otherwise foreign world. Sucking both lowers the heart rate, blood pressure, and stress levels and it even has a pain-relieving effect. Because of the calming effect sucking entails, a pacifier can make it easier for the baby to sleep, soothe the baby if it is distraught, and provide security when being upset.

When it comes to the nipple no size or shape is right or wrong because all babies are different. It can be necessary to try out different shapes and sizes to find the perfect fit for your child. Some babies prefer a certain nipple shape, size, or material while others do not have any preferences and will take whatever shape, size, and material you offer. Babies have different preferences, different sucking techniques, and different mouth anatomy. Therefore, we offer different pacifiers that meet all these different needs.

In the following pages, we will guide you through our different pacifiers and give our best advice regarding nipple shape, size, and material.

BIBS Colour - Round nipple

Our Colour pacifier is the original BIBS pacifier and has been on the market since 1978. It has the signature round BIBS shield with three vent holes and round BIBS engraved handle ring.

The nipple on our Colour pacifier is a round nipple that resembles the shape and size of the mother's nipple to provide comfort to your baby. Further, the round nipple promotes a similar tongue placement and sucking technique when breastfeeding, since the round shape allows the sides of the tongue to elevate and cup around the nipple, just like it does during breastfeeding.

The nipple is equipped with a valve, letting out air when the baby closes down on the nipple. This ventilation system causes the air from inside the nipple to be pushed out through the valve thereby flattening the nipple to shape naturally after the baby's oral cavity. The valve is also the reason why water can be presented inside the nipple after cleaning and sterilization. If this is the case, simply just squeeze the nipple flat to press out the excess water.

The round lightweight shield is carefully designed to curve away from the sensitive and delicate skin around the baby's mouth, to ensure minimum contact with the baby's nose and mouth, which means less chance of moisture build-up from saliva that can cause rashes and sore spots.

The shield comes in one size no matter the nipple size. Also available in a night version with a glow-in-the-dark handle. The nipple is produced from natural rubber latex. Since natural rubber latex is a natural material color variation may occur.

Available in sizes 1, 2, and 3.







BIBS De Lux - Round nipple

Our De Lux pacifier is our modern and timeless pacifier, with an elegant hidden gathering in an enhanced matte finish for a Premium look. The dup is made large, so it is easy to print a name on, making it perfect for daycare. The nipple on our De Lux pacifier is a round nipple that resembles the shape and size of the mother's nipple to provide comfort to your baby. Further, the round nipple promotes a similar tongue placement and sucking technique when breastfeeding, since the round shape allow the sides of the tongue to elevate and cup around the nipple, just like it does during breastfeeding.

The nipple is equipped with a valve, letting out air when the baby closes down on the nipple. This ventilation system causes the air from inside the nipple to be pushed out through the valve thereby flattening the nipple to shape naturally after the baby's oral cavity. The valve is also the reason why water can be presented inside the nipple after cleaning and sterilization. If this is the case, simply just squeeze the nipple flat to press out the excess water.

The shield is carefully designed to curve away from the sensitive and delicate skin around the baby's mouth, to ensure minimum contact with the baby's nose and mouth, which means less chance of moisture build-up from saliva that can cause rashes and sore spots.

The shield comes in one size no matter the nipple size. Also available in night version with glow-in-the-dark handle. To accommodate the demand for a silicone nipple De Lux comes in both natural rubber latex and silicone. Since natural rubber latex is a natural material color variation may occur. Available in sizes 1 and 2 (natural rubber latex) and Onesize (silicone).



Size 1



Size 2



Onesize SILICONE

BIBS Supreme - Symmetrical nipple

Supreme is our exclusive wide shield pacifier. With its symmetrical flat-drop shaped nipple, we accommodate babies who prefer the flat symmetrical nipple shape. The drop-shaped nipple promotes a tongue placement and sucking technique where the tongue is flat and presses the pacifier flat against the palate, which means that the baby does not need to suck as hard, as with a round nipple, for the pacifier to flatten inside the mouth.

Like our other pacifiers, the nipple is equipped with a valve, letting out air when the baby closes down on the nipple. This ventilation system causes the air from inside the nipple to be pushed out through the valve thereby flattening the nipple to shape naturally after the baby's oral cavity. The valve is also the reason why water can be present inside the nipple after cleaning and sterilization. If this is the case, simply just squeeze the nipple flat to press out the excess water.

The shield and nipple are symmetrical, which means that the pacifier always lies correctly in your baby's mouth. Also, the shield is carefully designed with large holes on each side to ensure minimum contact with the sensitive and delicate skin around the baby's mouth, which means less chance of moisture build-up from saliva that can cause rashes and sore spots.

The shield comes in two different sizes that match the nipple size. The bigger the nipple - the bigger the shield. The nipple comes in both natural rubber latex and silicone. Since natural rubber latex is a natural material color variation may occur. Further, the silicone nipple has an innovative pattern in the nipple that reinforces the material, making it more resistant than other silicone pacifiers. Available in sizes 1 and 2.



Size 1



Size 2



Size 1



Size 2





BIBS Couture - Anatomical nipple

You will instantly get butterfly vibes when you see the wide playful and adorable shield of the BIBS Couture pacifier. BIBS Couture is the newest member of our pacifier family. With its anatomically shaped nipple, it is the perfect addition to our assortment of pacifiers. The anatomical nipple - also known as an orthodontic nipple - is curved at the top for a natural fit to the baby's palate with an angled tip for easy tongue placement.

The curved top promotes a tongue placement and sucking technique where the sides of the tongue cup around the nipple, like it, does during breastfeeding. The angled tip means that the baby does not need to suck as hard, as with a round nipple, for the pacifier to flatten inside the mouth. Because the nipple is not symmetrical the pacifier must be placed the right way in the baby's mouth. To ensure this, the shield has been specially designed to resemble a butterfly, so it is easy to see which way the pacifier should turn.

The nipple is equipped with a valve, letting out air when the baby closes down on the nipple. This ventilation system causes the air from inside the nipple to be pushed out through the valve thereby flattening the nipple to shape naturally after the baby's oral cavity. The valve is also the reason why water can be present inside the nipple after cleaning and sterilization. If this is the case, simply just squeeze the nipple flat to press out the excess water.

The shield is carefully designed with large holes on each side to ensure minimum contact with the sensitive and delicate skin around the baby's mouth, which means less chance of moisture build-up from saliva that can cause rashes and sore spots. The shield comes in two different sizes that match the nipple size. The bigger the nipple - the bigger the shield. The anatomical nipple comes in both natural rubber latex and silicone. Since natural rubber latex is a natural material color variation may occur. Available in sizes 1 and 2.



Size 1 LATEX



Size 2



Size 1



Size 2

Size and age

Babies are different and have different needs and preferences. Try out different shapes and sizes to find the perfect fit for your baby.

It is our experience that the following sizes are the general and therefore also our common recommendation. However, all our sizes can be used from birth. It all comes down to your baby's preference. It is not dangerous to give a newborn a size 3. However, because most newborns prefer a smaller size, we have made the following recommendations:

Pacifiers

Size 1: 0+ months
Size 2: 6+ months
Size 3: 18+ months
Onesize: 0-3 years

Age and size indications are only a guide for you to follow and that all sizes can be used from when your baby is born.

Seek official information

If you doubt what nipple size, shape, or material fits with your baby and if you cannot find the information in our guides, remember to reach out and seek information from official sources and professionals within the subject of health.





Material

Shields

The shields on all our pacifiers are made of 100% food-safe material. Completely free from BPA, PVC, and phthalates. All our pacifiers are designed and manufactured in Denmark in our own production facilities in Hillerød, and all complies with the European Standard EN 1400+A2.

Natural rubber latex

Natural Rubber latex is a natural material made from a sticky milky fluid tapped from the Hevea tree. The fluid is refined to the brown/yellow rubber you know from your pacifiers; a super soft, elastic, and resilient material very much resembling the mother's soft nipple. The natural material comes with a natural aging process affected by natural influences like UV light, air, saliva, and heat. The elasticity of the material allows the nipple to change shape and size because of the baby's strong vacuum, this means that the nipple in some cases can expand if it is not replaced in time. Natural rubber latex pacifiers should be scalded rather than boiled and replaced every 4-6 weeks for safety and hygienic reasons. Since latex is a natural material color and clearness may vary.

Silicone

Silicone is an industrially manufactured hypoallergenic, odorless, and taste-neutral material that is known for its purity. The smooth transparent nipple is not as soft as natural rubber latex, but it retains its shape, does not age, and can withstand high temperatures. For hygienic reasons we still recommend replacing your pacifiers every 4-6 weeks.

What should you choose?

Both materials are very different and have great properties. As a parent you can have your own opinion about which material you prefer, but most of the time it all comes down to which material your baby prefers.

Replacement and safety

We recommend a replacement of pacifiers every 4-6 weeks for both safety and hygienic reasons. Natural rubber latex is a natural material and is affected by sunlight, high temperatures, and moisture which accelerates the aging process of the latex material. Therefore, the material changes its properties and can become brittle or sticky. Whenever you experience a change in the material the pacifier must be replaced.

Keep an eye out for any changes in the surface, changes in size and shape, or rupture in the material, and replace the pacifier if you notice any differences. When your baby has teeth make sure to pull the nipple in all directions and inspect it carefully before use and replace the pacifier at the first sign of damage or weakness.

Keep an eye on the nipple size as latex can expand rather quickly due to the newborn's strong vacuum. Changes in size can create challenges when replacing the pacifiers if the baby has gotten used to the expanded size.

All our pacifiers meet the applicable requirements and highest standards. All our pacifier shields are carefully designed with holes. This is both to ensure minimum contact with the sensitive and delicate skin around the baby's mouth, which means less chance of moisture build-up from saliva that can cause rashes and sore spots, but it also ensures that in the case where the child put the entire pacifier in their mouth, the baby can still get air. If you experience this, calmly take out the pacifier from the child's mouth. The shield complies with strict requirements to size and shape and cannot be swallowed.



Don'ts: • Do not leave natural rubber latex Do not use UV sterilizers for Do not cook! and will be destroyed by the coninstructions above, and you are sure to kill the bacteria without compro-BIBS

BIBS Pacifier guide

Cleaning and sterilization

Part of good pacifier hygiene is frequent cleaning of the pacifiers. The younger the child, the more important it is to protect it from bacteria and to maintain good pacifier hygiene. Before first use, place the pacifier in plenty of boiling water for 5 min. to ensure hygiene. **This only applies before first use.** When cleaning the pacifier subsequently, follow these three simple steps:

- 1) Put the pacifiers in a clean bowl. Pour them with plenty of boiling water.
- 2) Let the pacifiers soak for approx. 5 min.
- 3) Pick them up and let them dry on a clean towel.

All our pacifiers are equipped with a valve, so be sure to squeeze excess water out of the nipple when it has cooled down. Natural rubber latex can in rare cases smear off to the shield, so it is important to scald in plenty of water and not too many pacifiers at a time.

How often should I clean the pacifiers?

Part of good pacifier hygiene is frequent cleaning of the pacifiers. The younger the child, the more important it is to protect it from bacteria and to maintain good pacifier hygiene. This is mainly because small children's immune system has not yet managed to get acquainted with all the different bacteria, and therefore it will not have learned to "defend" against them yet.

Premature infants and babies up to 3 months need more thorough and frequent cleaning than babies over 3 months of age. Therefore, the pacifier must be cleaned more often when the child is under 3 months. We always recommend that pacifiers are scalded at least once a day.

TIP: When the child is over 3 months old, you can also rinse the pacifier by placing them in a sieve and pouring them with boiling water. This method is partly faster and partly avoids water collecting inside the nipple.

The pacifier impact on teeth

When we normally introduce a pacifier to our newborn baby we do not think about their teeth. Instead, we want to care for our baby, to calm it down, and to secure its comfort.

Pacifier habits

From birth babies have a natural sucking reflex, and the child will seek to satisfy this need from a pacifier, the mother's breast, thumb, or other. From a dental point of view is it better to provide a pacifier to prevent the baby from sucking on its thumb.

"One of the benefits of pacifiers is to prevent that the baby starts sucking on the thumb. Concerning teeth and jaws, the pacifier is preferable. It is very difficult for the baby to stop using his or her thumb whereas a pacifier can be taken away from the baby much more easily". - Nina Nissen Falbert, Dentist

Stop in time

But as the baby grows and develops it is important to start considering teeth and gum impact. "Many studies have shown that if your child stop using a pacifier before the age of three, the teeth's position generally gets normalized without treatment later in life" - Nina Nissen Falbert, Dentist

It is important as with anything to wean your baby off their pacifier in small, gradual moments to adjust their mindset and get them used to live without it but still providing that comfort when it is needed at the toddler phase.

If it is not possible to wean the baby off the pacifier before the age of three, try to get the baby to use the pacifier as little as possible and with the least possible intensity.

It is important to remember that all children are different, and it is the long-term use of the pacifier that influences the alignment of the teeth. It will depend on how much they use it, for how long, and the intensity. You know your child best, and if you are in doubt, you should take the advice of your dentist.

