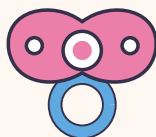




LIFE MOMENTS • GROWING UP

Bye-Bye, Pacifier!

The Pacifier Fairy story, a goodbye letter, and a night chart • ages 2 to 5



1

Pacifier Fairy
story

2

letters: from child
and from fairy

1

envelope
to fold

14

nights to
celebrate

Child's name: _____

For parents and teachers

Pediatricians and dentists usually recommend giving up the pacifier around ages 2 to 3, to protect the development of teeth and speech. The Pacifier Fairy turns goodbye into a story with a beginning, middle, and end, where the child **takes part and helps decide** instead of simply losing the pacifier.

How to use the pages

- p. 2 Story:** read it for a few days beforehand so your child gets used to the idea.
- p. 3 Getting ready:** choose the fairy's day together and color one moon each night until then.
- p. 4–5 Letter and envelope:** your child draws or dictates the letter, folds the envelope, and puts the pacifier inside.
- p. 6 Fairy's letter:** a grown-up fills it in and leaves it with a small gift the next morning.
- p. 7–8 Nights without a pacifier:** color a star each night. Then, the certificate!

Pick a good time: avoid doing it alongside another big change (a new sibling, a move, starting school). The first 3 to 7 nights are usually the hardest. Make sure the whole family tells the same story, and don't go back: extra cuddles and patience help more than returning the pacifier.

2

The Pacifier Fairy

A story to read together, slowly, in the days before the fairy's visit.

The Pacifier Fairy is coming on: _____

1



When I was a baby,
my pacifier helped
me feel calm.

2



Now I'm growing up! I can
talk, run, jump, and play
so many things.

3



There's a fairy who visits
children who are growing
up: the Pacifier Fairy!

4



She takes pacifiers
to tiny babies who
were just born.

5



I draw a letter for the fairy
and put my pacifier in a
special envelope.

6



At night, while I
sleep, the fairy
quietly comes to
pick up the
envelope.

7



In the morning, she
leaves a letter and a little
gift for me!

8



For the first few
nights, I might miss
my pacifier. That's
okay! I hug my
stuffed animal and
get cuddles.



3

Getting ready to say goodbye

Choose the fairy's day together. Color a moon for each night that goes by.

Name: _____

Date: _____

Just a few nights until the Pacifier Fairy comes!



7



6



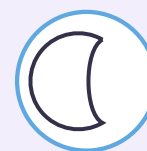
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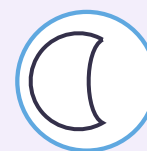
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3



2



1

The last moon is fairy night!

Our plan

1

First, the pacifier is only for bed, at sleep time.



2

We choose together the day the fairy will come.



3

I make my letter and fold my special envelope.



4

On fairy night, I put the pacifier in the envelope and go to sleep.



5

In the morning, I look for the fairy's letter and gift!



The gift I'd like from the fairy: _____

Tip: a small, meaningful gift works well, like a book, a stuffed animal, or a special cup.

4

Letter to the Pacifier Fairy

Draw, or ask a grown-up to write down what you say.



Dear Pacifier Fairy,

My name is _____

I am _____ years old.

I'm growing up and I'm ready to say goodbye to my pacifier. Please take it to a little baby who needs it.

Here's a drawing for you:

My little hand:

trace your hand

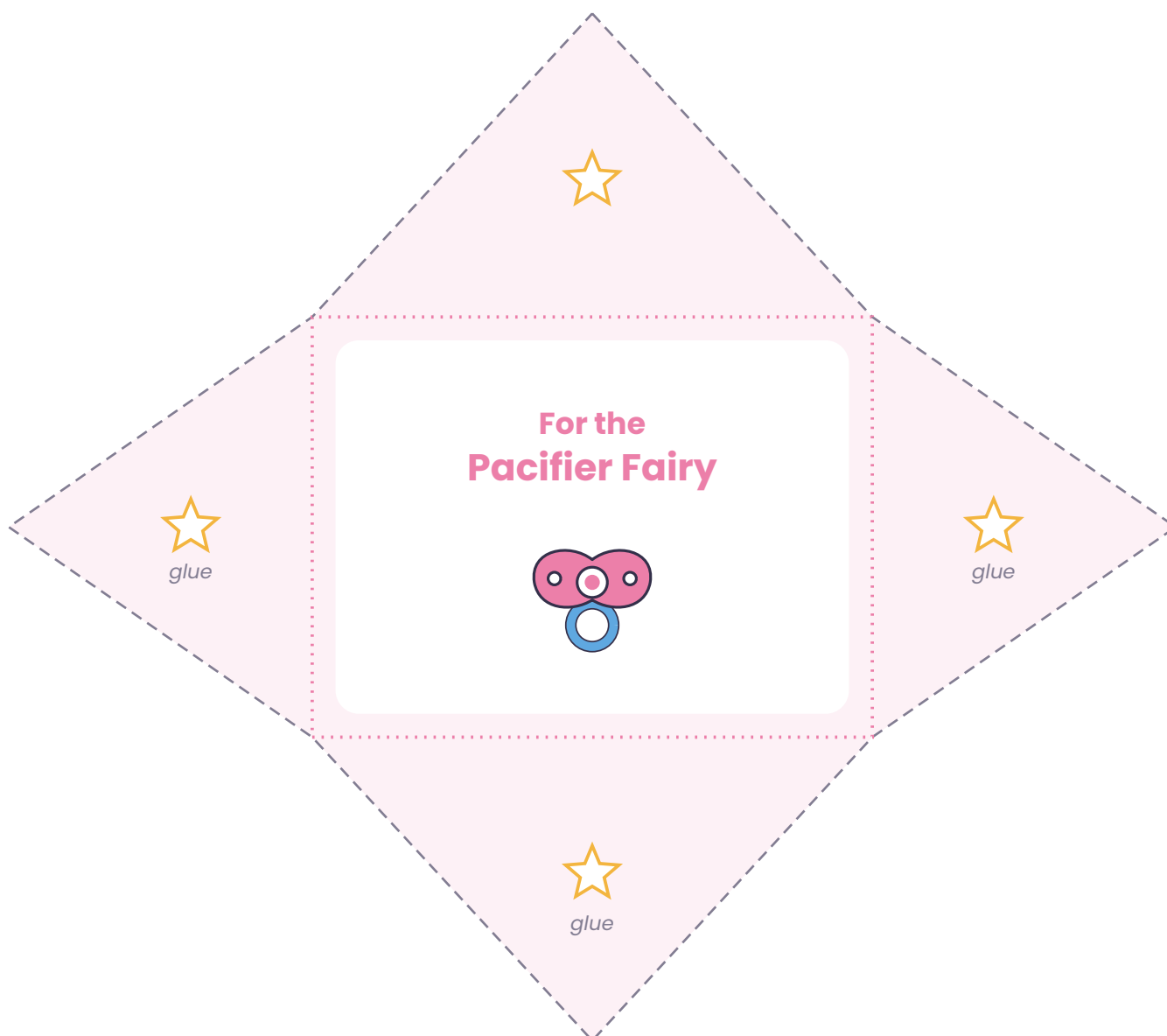
Love, _____



5

The special envelope

Color it, cut along the dotted line, and fold on the dashed lines. Glue the flaps.



✂ cut along the gray dotted line

..... fold here

Order: fold the left and right flaps in, then the bottom one, put the pacifier inside, and close with the top flap. Color the stars and decorate it however you like!

6

Letter from the Fairy

For a grown-up to fill in and leave with the gift the next morning.



Dear _____,

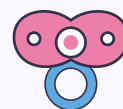
I got your letter and your pacifier! It's already with a tiny baby who was just born, and the baby is so happy.

You're growing up so much! I know saying goodbye isn't easy, and I'm so proud of how brave you are.

I left a little gift for you. When you miss your pacifier, give your stuffed animal a big, tight hug.

With lots of love and a little fairy dust,

Pacifier Fairy



Tip: sprinkle a little glitter next to the letter as "fairy dust". If your child can't read yet, read the letter aloud with lots of excitement!



CERTIFICATE

Bye-Bye, Pacifier!

This certificate is awarded to

who gave the pacifier to the Fairy, slept without it, and **showed how much they're growing up**. Congratulations!

Date

Grown-up's signature

✂ cut along the dotted line

Tips for grown-ups

Helps

- Letting other caregivers (grandparents, daycare) know so everyone tells the same story.
- Extra cuddles, routine, and patience for the first few nights.
- Praising their courage, even on hard days.
- Putting away or throwing out every pacifier in the house before fairy night.

Avoid

- Giving the pacifier back after it "went to the fairy".
- Putting pepper or vinegar on it, or cutting the pacifier.
- Comparing or shaming: "only babies use pacifiers".
- Doing it the same week as another big change.