

National
Organization of
Mothers
Of
Twins
Clubs, Inc.

SUBJECT:

Pacifier Vs. Thumb/Finger Sucking

RESEARCHER:

National Organization of Mothers of Twins Clubs, Inc.

DATE:

December 2007 – September 2008

PURPOSE: The purpose of this survey was to gather data regarding the use of pacifiers versus thumb/finger sucking in multiple birth children.

METHOD: A survey consisting of 30 questions was made available online via Survey Monkey. The survey was to be completed by parents of multiple birth children.

BACKGROUND INFORMATION

1. Five-hundred sixty-two surveys consisting of 30 questions were tabulated with 94.3 percent (528) of multiple type for twins, 3.9 percent (22) for triplets, 0.4 percent (2) for quadruplets, 0.5 percent (3) for quintuplets, and 0.9 percent (5) for other which included two sets of twins and two surviving triplets. Two respondents skipped this question.
2. Multiple zygosity was reported as 68.8 percent (385) for dizygotic (fraternal) multiples, 21.6 percent (121) for monozygotic (identical) multiples, 7.3 percent (41) unknown zygosity, and 2.3 percent (13) reported combinations of dizygotic and monozygotic for higher order multiples (HOMs). Two respondents skipped this question.
3. Gender of multiples was reported as follows: Multiple A 49.0 percent (274) boys and 51.0 percent (285) girls, Multiple B 45.0 percent (251) boys and 55.0 percent (307) girls, Multiple C 37.0 percent (10) boys and 63.0 percent (17) girls, Multiple D 50.0 percent (2) boys and 50.0 percent (2) girls, and Multiple E 100.0 percent (1) boy. Two respondents skipped this question.

RESULTS

1. When asked if their multiples sucked their thumbs or fingers, respondents reported as follows: Multiple A 48.3 percent (246) yes and 51.7 percent (263) no, Multiple B 47.8 percent (240) yes and 52.2 percent (262) no, Multiple C 32.0 percent (8) yes and 68.0 percent (17) no, Multiple D 40.0 percent (2) yes and 60.0 percent (3) no, Multiple E 50.0 percent (1) yes and 50.0 percent (1) no, and Multiple F 50.0 percent (1) yes and 50.0 percent (1) no.
2. Fourteen point five percent (73) of respondents confirmed that their multiples sucked the same thumb or finger on their hand, while 30.0 percent (151) did not. The remainder of respondents, 55.5 percent (279) reported not applicable.
3. Results for multiples holding onto something such as a blanket or pillow when they sucked their thumb or finger were: Multiple A 23.4 percent (91) yes and 76.6 percent (298) no, Multiple B 23.3 percent (89) yes and 76.7 percent (293) no, Multiple C 30.0 percent (6) yes and 70.0 percent (14) no, Multiple D 0.0 percent yes and 100.0 percent (4) no, Multiple E 0.0 percent yes and 100.0 percent (1) no, and Multiple F 0.0 percent yes and 100.0 percent (2) no.
4. Below are ages at which multiples stopped sucking their thumb or finger (Note: 234 respondents skipped this question):

Age	Multiple A	Multiple B	Multiple C	Multiple D	Multiple E	Multiple F
0-6 mths	11.7 percent (30)	13.3 percent (34)	9.1 percent (1)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
6-12 mths	5.8 percent (15)	5.1 percent (13)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
12-18 mths	1.2 percent (3)	2.3 percent (6)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
18-24 mths	0.4 percent (1)	1.6 percent (4)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
2-3 yrs	1.2 percent (3)	3.5 percent (9)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
3-4 yrs	2.7 percent	0.8 percent	0.0 percent	0.0 percent (0)	0.0 percent (0)	100.0 percent

	(7)	(2)	(0)			(1)
4-5 yrs	1.6 percent (4)	2.7 percent (7)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
5-6 yrs	2.7 percent (7)	2.3 percent (6)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
6 or more yrs	4.7 percent (12)	2.3 percent (6)	18.2 percent (2)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
Ongoing	68.1 percent (175)	66.0 percent (169)	72.7 percent (8)	100.0 percent (2)	0.0 percent (0)	0.0 percent (0)
	Total for A: 257	Total for B: 256	Total for C: 11	Total for D: 2	Total for E: 0	Total F: 1

- Most respondents indicated that the choice to stop sucking their thumb/finger was their child's, with percentages ranging from 68.6 percent to 100.0 percent for each multiple. Parents chose to stop thumb/finger sucking much less frequently with percentages ranging from 16.9 percent to 26.7 percent. The choice to stop thumb/finger sucking was made even less frequently by health care professionals, with percentages ranging from 4.7 percent to 10.8 percent.
- Responses for inquiring about multiples requiring speech therapy related to thumb/finger sucking were as follows (Note: 240 respondents skipped this question.):

Response	Multiple A	Multiple B	Multiple C	Multiple D	Multiple E	Multiple F
Yes	1.8 percent (5)	1.5 percent (4)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
No	38.1 percent (104)	40.5 percent (107)	40.0 percent (4)	0.0 percent (0)	0.0 percent (0)	100.0 percent (1)
Too young to determine	48.4 percent (132)	50.0 percent (132)	60.0 percent (6)	100.0 percent (2)	0.0 percent (0)	0.0 percent (0)
Not sure	11.7 percent (32)	8.0 percent (21)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
Total count	273	264	10	2	0	1

- When asked if their multiples required dental intervention related to thumb/finger sucking, respondents answered as follows (Note: 232 respondents skipped this question.):

Response	Multiple A	Multiple B	Multiple C	Multiple D	Multiple E	Multiple F
Yes	6.1 percent (17)	4.5 percent (12)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
No	15.1 percent (42)	17.8 percent (48)	15.4 percent (2)	25.0 percent (1)	100.0 percent (1)	100.0 percent (1)
Too young to determine	78.8 percent (219)	77.7 percent (209)	84.6 percent (11)	75.0 percent (3)	0.0 percent (0)	0.0 percent (0)
Total count	278	269	13	4	1	1

- The majority of multiples used a pacifier. Confirmation of pacifier-use percentages ranged for Multiples A, B, C, and E from 72.8 percent to 100.0 percent. Only D Multiples had a higher percentage for not using a pacifier at 66.7 percent vs. 33.3 percent who did use a pacifier.
- Seventy-two point four percent (314) of respondents confirmed that hospital staff introduced the pacifier to their multiples. Other sources for introduction to the pacifier included 50.7 percent (220) by parents and 6.9 percent (30) by grandparents or other family members. Two point three percent (10) of multiples had the pacifier introduced by sources such as babysitter, other children in daycare, sleep consultant and biological parents prior to adoption.
- Results for multiples holding onto something such as a blanket or pillow when they sucked their pacifier were: Multiple A 10.6 percent (43) yes and 89.4 percent (364) no, Multiple B 12.2 percent (50) yes and 87.8 percent (360) no, Multiple C 5.0 percent (1) yes and 95.0 percent (19) no, Multiple D 0.0 percent yes and 100.0 percent (3) no, Multiple E 100.0 percent (1) yes and 0.0 percent (0) no, and Multiple F 0.0 percent yes and 0.0 percent (0) no. One hundred twenty-six respondents skipped this question.
- The greatest percentages for ages at which multiples stopped using a pacifier were as follows: Multiple A 30.6 percent (118) ongoing, Multiple B 30.5 percent (115) 0-6 months, Multiple C 52.9 percent (9) 0-6 months, and Multiple D tied at 50.0 percent (1) 0-6 months and 50.0 percent (1) ongoing. There were no responses for Multiples E and F. One hundred forty three respondents skipped this question.

12. Multiple birth children chose the majority of the time to stop using the pacifier with 50.0 percent (134) of respondents indicating child’s choice for Multiple A, 53.8 percent (7) for Multiple C, and 100.0 percent (1) for Multiple D. Fifty point six percent (135) of respondents confirmed that parents chose to stop pacifier use for Multiple B. There were no responses for Multiples E and F. Two hundred sixty-one respondents skipped this question.
13. Fifty five point seven percent (279) of respondents did not have singleton children, while 44.3 percent (222) confirmed that they did. Sixty-one respondents skipped this question.
14. Most singletons did not suck their thumb or finger with negative responses to this question as follows: 73.1 percent (160) for Singleton A, 78.6 percent (44) for Singleton B, 72.7 percent (8) for Singleton C, and 75.0 percent (3) for Singleton D. One hundred percent (1) indicated that their singleton sucked their thumb or finger for Singleton E. Three hundred forty-three respondents skipped this question. There were however, 279 respondents who did not have singletons and were instructed to skip to Question # 28.
15. When asked if their singleton (s) held/hold onto a blanket or pillow when they suck their thumb/finger, most indicated that they did not with 83.7 percent (128) for Singleton A, 78.9 percent (30) for Singleton B, 83.3 percent (5) for Singleton C, and 66.7 percent (2) for Singleton D. One respondent answered for Singleton E and confirmed that they did hold something. Four hundred five respondents skipped this question.
16. Below are ages at which singletons stopped sucking their thumb or finger (Note: 478 respondents skipped this question):

Age	Singleton A	Singleton B	Singleton C	Singleton D	Singleton E
0-6 mths	18.7 percent (14)	22.2 percent (4)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
6-12 mths	5.3 percent (4)	5.6 percent (1)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
12-24 mths	2.7 percent (2)	11.1 percent (2)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
2-3 yrs	2.7 percent (2)	11.1 percent (2)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
3-4 yrs	6.7 percent (5)	5.6 percent (1)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
4-5 yrs	5.3 percent (4)	5.6 percent (1)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
5-6 yrs	2.7 percent (2)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
Over 6 years	8.0 percent (6)	5.6 percent (1)	33.3 percent (1)	0.0 percent (0)	0.0 percent (0)
Ongoing	42.7 percent (32)	16.7 percent (3)	33.3 percent (1)	100.0 percent (1)	100.0 percent (1)
Don’t Remember	5.3 percent (4)	16.7 percent (3)	33.3 percent (1)	0.0 percent (0)	0.0 percent (0)
	Total for A: 75	Total for B: 18	Total for C: 3	Total for D: 1	Total for E: 1

17. Singleton children chose the majority of the time to stop sucking their thumb/finger with 67.5 percent (27) indicating child’s choice for Singleton A, 66.7 percent (8) for Singleton B, and 100.0 percent (1) for Singleton E. One hundred percent of respondents confirmed that parents chose to stop thumb/finger sucking for Singleton C. There were no responses for Singleton D and 515 skipped this question.
18. Responses for inquiring about singletons requiring speech therapy related to thumb/finger sucking were as follows. The response for “Not sure” wasn’t an option as it was for this question as it related to multiple birth children. (Note: 472 respondents skipped this question.):

Response	Singleton A	Singleton B	Singleton C	Singleton D	Singleton E
Yes	3.6 percent (3)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)	0.0 percent (0)
No	71.1 percent (59)	100.0 percent (20)	50.0 percent (2)	100.0 percent (3)	100.0 percent (1)
Too young to determine	25.3 percent (21)	0.0 percent (0)	50.0 percent (2)	0.0 percent (0)	0.0 percent (0)

Total count	83	20	4	3	1
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19. When asked if their singletons required dental intervention related to thumb/finger sucking, respondents answered as follows (Note: 470 respondents skipped this question.):

Response	Singleton A	Singleton B	Singleton C	Singleton D	Singleton E
Yes	9.4 percent (8)	14.3 percent (3)	25.0 percent (1)	0.0 percent (0)	0.0 percent (0)
No	44.7 percent (38)	61.9 percent (13)	25.0 percent (1)	66.7 percent (2)	0.0 percent (0)
Too young to determine	45.9 percent (39)	23.8 percent (5)	50.0 percent (2)	33.3 percent (1)	100.0 percent (1)
Total count	85	21	4	3	1

20. The majority of singletons used a pacifier with 68.0 percent (149) of respondents indicating Yes for Singleton A, 64.3 percent (36) for Singleton B, 72.7 percent (8) for Singleton C, 50.0 percent (2) for Singleton D, and 0.0 percent for Singleton E. Three hundred forty-three respondents skipped this question.
21. Pacifiers were introduced to singletons by various resources including 71.2 percent (121) by parents, 50.0 percent (85) by hospital staff, 5.9 percent (10) by grandparent or family member, and 2.9 percent (5) by other resources. Three hundred ninety-two respondents skipped this question.
22. When asked if their singleton(s) held onto a blanket or pillow when they used their pacifier, most indicated that they did not with 83.8 percent (140) for Singleton A, 95.0 percent (38) for Singleton B, 90.0 percent (9) for Singleton C, and 0.0 percent for Singleton E. Sixty-six point seven percent (2) respondents confirmed that they did hold something. Three hundred eighty-six respondents skipped this question.
23. The greatest percentages for ages at which singletons stopped using a pacifier were as follows: Singleton A 21.8 percent (34) 0-6 months, Singleton B 29.7 percent (11) 2-3 years, Singleton C 22.2 percent (2) each for 0-6 months, 6-12 months, 2-3 years & ongoing, and Singleton D 66.7 percent (2) 0-6 months. There were no responses for Singleton E. Three hundred ninety-five skipped this question.
24. Parents chose the majority of the time to stop using a pacifier for singletons with 65.7 percent (92) indication of parent choice for Singleton A, 78.1 percent (25) for Singleton B, 57.1 percent (4) for Singleton C, and 0.0 percent for Singleton E. One hundred percent (2) of respondents confirmed that children chose to stop pacifier use for Singleton D. There were no responses for Singleton E. Four hundred twelve skipped this question.
25. Eighty point five percent (400) of respondents confirmed being current members of a NOMOTC affiliated club, while 19.5 percent (97) were not. Sixty-five respondents skipped this question.
26. Responses to sharing how they weaned their children from thumb/finger sucking or the pacifier included gradually removed, offered a prize, said it was lost, told children they were too old, orthodontic appliance to stop, gentle persuasion, threw it away, bribery, took away cold turkey, put a band aid on thumb, asked them to stop, long gloves were placed on hands with long sleeve shirt, pacifier fairy exchanged pacifier for a "gift", cut the tips of pacifiers off and said they were broken, and introduced a blanket for comfort.

CONCLUSION

The effort to collect data regarding facets of pacifier and thumb/finger sucking in multiple birth children yielded 562 surveys comprised of 30 questions each. Twins accounted for the highest percentage of multiple type at 94.3 percent followed by 3.9 percent for triplets, 0.4 percent for quadruplets, 0.5 percent for quintuplets, and 0.9 percent for other which included two sets of twins and two surviving triplets. Over two-thirds, 68.8 percent, were dizygotic (fraternal) multiples, 21.6 percent were monozygotic (identical) multiples, and the remaining multiples were either unknown zygosity or a combination of dizygotic and monozygotic for higher order multiples (HOMs). Gender of multiples yielded slightly more girls than boys with results for Multiple A 49.0 percent boys and 51.0 percent girls, Multiple B 45.0 percent boys and 55.0 percent girls, Multiple C 37.0 percent boys and 63.0 percent girls, Multiple D 50.0 percent boys and 50.0 percent girls, and Multiple E 100.0 percent boys.

Slightly more respondents reported that their multiples did not suck their thumbs or fingers with parents indicating "no" 51.7 percent for Multiple A, 52.2 percent for Multiple B, 68.0 percent for Multiple C, and 60.0 percent for Multiple D. Responses were equally split for Multiples E and F with 50.0 percent each for yes and no answers. Fourteen point five percent of respondents confirmed that their multiples sucked the same thumb or finger on their hand, while 30.0 percent did not. The remainder of respondents, 55.5 percent, reported not applicable. Most

multiples did not hold onto something such as a blanket or pillow when they sucked their thumb or finger with “no” answers ranging from 70.0 percent to 100.0 percent for each multiple designation.

The highest percentages for answers regarding ages at which multiples stopped sucking their thumb or finger were “ongoing” for Multiples A, B, C & D with percentages ranging from 66.0 percent to 100.0 percent. There was only one response for Multiple F who stopped at 3-4 years of age and no responses for Multiple E. Most respondents indicated that the choice to stop sucking their thumb/finger was their child’s with percentages ranging from 68.6 percent to 100.0 percent for each multiple designation. Parents chose to stop thumb/finger sucking much less frequently with percentages ranging from 16.9 percent to 26.7 percent. The choice to stop thumb/finger sucking was made even less frequently by health care professionals with percentages ranging from 4.7 percent to 10.8 percent.

Of the 562 parents who responded to this survey, the greatest percentage of them did not know if their multiples required speech therapy related to thumb/finger sucking with 48.4 percent to 100.0 percent indicating “too young to determine” for Multiples A, B, C & D. There was one response for Multiple F indicating “no” and no responses for Multiple E. Responses were similar when asked if their multiples required dental intervention related to thumb/finger sucking with 75.0 percent to 84.6 percent indicating “too young to determine” for Multiples A, B, C & D. There was one response each for Multiples E & F indicating “no” to this question.

The majority of multiples used a pacifier. Confirmation of pacifier use percentages ranged from 72.8 percent to 100.0 percent for Multiples A, B, C, D & E. Only D Multiples had a higher percentage for not using a pacifier at 66.7 percent vs. 33.3 percent who did use a pacifier. Seventy-two point four percent of respondents confirmed that hospital staff introduced the pacifier to their multiples. Other sources for introduction to the pacifier included 50.7 percent by parents and 6.9 percent by grandparents or other family members. Two point three percent of multiples had the pacifier introduced by other sources such as babysitter, other children in daycare, sleep consultant and biological parents prior to adoption. Most multiples did not hold onto something such as a blanket or pillow when they sucked their pacifier with percentages ranging from 87.8 percent to 100.0 percent for Multiples A, B, C & D. There was one response for Multiple E indicating “yes”, and there were no responses for Multiple F.

Ages at which multiples stopped using a pacifier were greatest as follows: Multiple A 30.6 percent ongoing, Multiple B 30.5 percent 0-6 months, Multiple C 52.9 percent 0-6 months, and Multiple D tied at 50.0 percent 0-6 months and 50.0 percent ongoing. There were no responses for Multiples E and F. Multiple birth children chose the majority of the time to stop using the pacifier with 50.0 percent of respondents indicating child’s choice for Multiple A, 53.8 percent for Multiple C, and 100.0 percent for Multiple D. Fifty point six percent of respondents confirmed that parents chose to stop pacifier use for Multiple B. There were no responses for Multiples E and F.

Forty-four point three percent of respondents confirmed having singletons. Most singletons did not suck their thumb or finger with 73.1 percent for Singleton A, 78.6 percent for Singleton B, 72.7 percent for Singleton C, and 75.0 percent for Singleton D. Of those who did suck their thumb/finger, most did not hold onto a blanket or pillow when they sucked their thumb/finger with 83.7 percent for Singleton A, 78.9 percent for Singleton B, 83.3 percent for Singleton C, and 66.7 percent for Singleton D. The highest percentages for answers regarding ages at which singletons stopped sucking their thumb or finger were “ongoing” for Singletons A, C, D & E with percentages ranging from 33.3 percent to 100.0 percent. The highest response for Singleton B was 22.2 percent at 0-6 months. Singleton children chose the majority of the time to stop sucking their thumb/finger and most did not require speech therapy related to thumb/finger sucking. The greatest percentages of respondents indicated that their singletons either did not require dental intervention related to thumb/finger sucking, or were too young to determine the need. Most singletons used pacifiers, which were introduced by parents, but did not hold onto a blanket or pillow while using pacifiers. The greatest percentages of singletons stopped using a pacifier by the time they were three years old, and parents chose the majority of the time to stop using a pacifier for singletons.

Respondents shared weaning techniques from thumb/finger sucking or the pacifier including gradually removed, offered a prize, said it was lost, told children they were too old, orthodontic appliance to stop, gentle persuasion, threw it away, bribery, took away cold turkey, put a band aid on thumb, asked them to stop, long gloves were placed on hands with long sleeve shirt, pacifier fairy exchanged pacifier for a “gift”, cut the tips of pacifiers off and said they were broken, and introduced a blanket for comfort.