



THE PACIFIER FAIRY SENT ME

For _____.

Dear _____,

I waited on your windowsill tonight, and there was your basket. Every pacifier, every one. Nobody made you do it. You chose it, and choosing is the bravest part.

I carried them a long way, to the littlest ones who cannot settle yet. They are keeping them now, and they are fast asleep.

If you miss your paci tonight, something soft to hold is right there, and so is someone who loves you very much. It is okay to miss it. Missing something is how you know it mattered.

I left you something small and soft to say thank you. Big kids are my favourite people to visit.

Finn

HELPER TO THE PACIFIER FAIRY

The night, on one page

What parents who did this well all did, and what pediatricians say. There is no research on which method works best, so this is the honest shape of it: a quiet fortnight, a short countdown, the child fills the bag, one to three hard nights, then it fades.

The week before

- ☐ Pick a quiet fortnight. No new baby, no move, no cold, no first week of daycare.
- ☐ Sleep only first. The daytime pacifier goes quietly, one place at a time.
- ☐ Talk it up for a few days: in three sleeps, Finn comes for the pacifiers, to take them to the littlest ones.
- ☐ Introduce the comfort object now, a blanket or a cuddly, so it is already a friend by the night.
- ☐ Sweep every room, every bag, and the car seat. A spare found on night two undoes everything.

The night and the morning

- ☐ Your child fills the bag or basket, every one. If they ask to keep one, wait. Most put it in.
- ☐ The basket goes on the windowsill. Finn collects it from outside; nobody comes into the room.
- ☐ In the morning: the basket is empty, the letter and one small, soft gift are in its place. Read it slowly.
- ☐ Praise the brave thing, not the gift. Keep the gift small; a big one says this was a huge loss.

What to say

- ☐ At bedtime: "Finn has them now. Your cuddly is here, and so am I."
- ☐ In the night: a hand on the back, "it's okay to miss it," and nothing more.
- ☐ "The babies will be finished soon": "The littlest ones keep them. That is the whole point of giving."
- ☐ Never Finn or the fairy as a threat, and never teeth as a threat. It does nothing.

What to expect

One to three hard nights, then a tail of asking now and then for a few weeks. That is normal.

Do not give it back on night two. It teaches that enough crying brings it back, and resets the clock.

Months later, when ill, your child may ask for it. Hold firm, give extra comfort.

A sibling's or daycare's pacifier will turn up. Expected, brief, often funny.

If it stalls past a week, or your child is distressed, pause and ask your pediatrician.

