

Babies like to suck, so dummies can help soothe at bedtime or when your baby is tired, upset or cross. But regular and extended use of a dummy can create problems with your child's speech.

Here are the frequently asked questions about using a dummy:-

Q. When can my baby use a dummy?

A. If you are using a dummy a suggestion is using it only at sleep time or to settle your baby.

Q. What is the best age to start to wean my baby off the dummy?

A. Start to wean your baby off their dummy by 6 months and your baby being completely weaned by 12 months.

Q. Why is it a good idea to wean your baby from the dummy?

A. Research suggests there is a lot of evidence for babies that it

- Reduces dribbling and sore chins
- Helps develop grown up eating patterns
- Allows babies to babble and start to develop / improve child's speech sounds
- Could reduce the risk of ear infections, dental problems and stomach infections

Q. Will giving my baby a dummy affect his/her Breastfeeding?

A. Babies who have a dummy sometimes find it difficult to remember how to attach to mums breast.

DUMMY SUCKING CAN SOON BECOME JUST A HABIT

I am weaning my baby from its dummy what can I do?

- Remove dummy from baby, make eye contact and conversation
- Remove dummy prior to eating
- Remove dummy prior to a fun activity



- ♦ Learning to talk can be tricky, so babies and toddlers need lots of practice. Help your baby find their voice by copying sounds they make.
- ♦ Encourage your baby's sound making / talk by smiling and by giving lots of eye to eye contact.
- ♦ Give lots of praise and encouragement.
- ♦ If your toddler is still using a dummy always ask them to take it out of their mouth before you talk to each other.

THE BABIES DEVELOPING USE OF TONGUE AND LIPS

Babies and young children need their young tongue and lips to develop eating and chewing skills, laughing and smiling, singing and talking. These are difficult to when you have a dummy in your mouth.



Forget the dummy have a cuddle from Daddy or Mummy



REMEMBER NEVER DIP A DUMMY INTO SWEET THINGS



HINTS AND TIPS TO WEAN YOUR BABY / TODDLER OFF THE DUMMY

- TRY, TRY, TRY AGAIN
- Replace the dummy with a cuddle, when your baby cries he/she is trying to tell you something.
- Distract your baby/child if they want their dummy. Decide when you are going to take the dummy away and try and stick to it.
- Talk with your child about giving the dummy away and maybe they might come up with some suggestions of who or where they might give their Dummy to.
- Take away ALL of the dummies - make a clean break - throw away the dummy at a time where you can have support, e.g. at the weekend. Get the family involved, get support.
- Give the dummy to someone special, e.g. Grandparents, Father Christmas.
- DON'T swap your dummies for sweets. Give your toddler a sticker in place of the dummy.
- Do something fun together.
- Tell a 'Dummy' story - make it fun not a chore.
- Praise your child for not using the dummy.
- Encourage your child's nursery to have a dummy amnesty

For more advice contact:

On _____



DON'T LET THE DUMMY BECOME A HABIT

