

Useful contacts

For local information on speech
and language therapy visit:

www.bedfordshirepct.nhs.uk

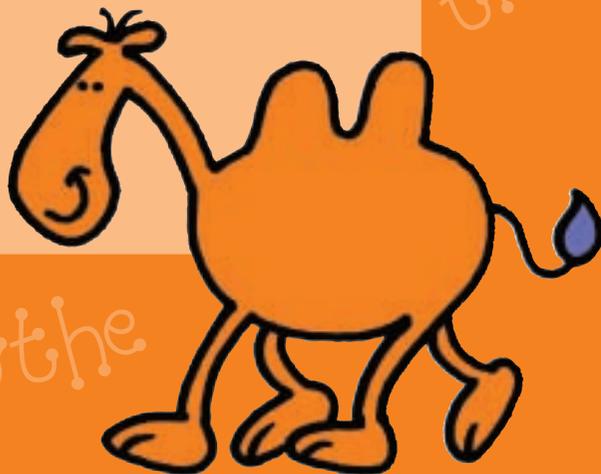
www.talktoyourbaby.org.uk

www.talkingpoint.org.uk

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ditch the dummy a parents guide



ditch the dummy a parents guide

Can dummies do any harm?

- If breast feeding, introducing a dummy can cause feeding problems.
- Dummies can cause poor speech by restricting the movement of the tongue.
- Dummies can lessen opportunities for babbling - an important step in learning to talk.
- Dummies can affect the position of teeth.

So if possible try to find other ways to soothe your baby, use the dummy as a last resort.

But some babies seem to cry constantly and you might choose to use a dummy...

What's the best way to use a dummy?

Use a dummy with a flat or orthodontic teat which is less likely to cause damage to the position of the teeth.

Never dip the dummy in anything, particularly sweet, sugary things.

Always remove the dummy when your child is trying to talk.

Dummies must be kept clean. They need to be sterilized in the same way as teats and bottles.

Try to remove the dummy by 12 months.

How can I ditch the dummy?

1. Reduce it!

- Only use it for a few minutes to soothe your child.
- Aim to use it only at night time.
- Only have one dummy in use.
- Try soothing or distracting your child in other ways.

2. Ditch it!

- Make a clean break of it. Most children only fret for two or three days. Give them lots of praise.
- Hide it away or encourage your child to give it away by....Giving it to Santa or the Dummy Fairy in exchange for a present or by replacing it with a new toy or blanket.
- Don't give in!
- Give some extra cuddles or be ready with a special toy to distract your child.



orthodontic teat



rounded teat