

Ideas that other parents have tried:

- Give the dummy to Santa
- Swap the dummy for a gift / cuddly toy / new toothbrush
- Offer a comfort blanket instead
- Pretend to give the dummy to a friend's baby
- Get your child to throw the dummy in the bin
- Hand the dummy in to your local speech & language therapist who will give your child a sticker or a picture to colour in.

Things parents have told us:

It wasn't as bad as I thought,
I just decided it had to go

He has started talking
now we have got rid of the dummy

After a couple of nights he stopped asking for the dummy

If you would like further advice, please contact the Speech & Language Therapy Department on **01782 555677**

Stoke Speaks Out on **01782 234501** - www.stokespeaksout.org

or the Directorate of Health Promotion on **01782 744444**

Developed jointly by Stoke Speaks Out, SureStart, Speech & Language Therapy and the Directorate of Health Promotion in consultation with a range of health professionals on behalf of Newcastle under Lyme PCT, Staffordshire Moorlands PCT, North Stoke PCT & South Stoke PCT.

Things you need to know about Dummies & Bottles



What you should know

- Not all babies need a dummy or bottle
- Speech & Language Therapists recommend that children over 12 months old do not use a dummy or bottle
- Dummies are not suitable for breastfed babies as they can cause confusion when a baby is learning to breastfeed
- Dummies may reduce the time breast fed babies want to feed, this may reduce the milk supply
- If your child uses a dummy or bottle a lot it may affect speech and language development by:
 - Restricting tongue movements which may make your child talk late
 - Changing the pattern of tongue movements making speech sounds unclear
 - Causing a gap between the upper and lower front teeth which may lead to a lisp

Dummies may also make it difficult for your child to swallow and make your child become more 'dribbly'.



What can you do if your child uses a dummy?

- Use a dummy as little as possible
- Use a flat or orthodontic teat rather than a round cherry shape teat as this is likely to cause less damage to the position of the teeth
- Don't dip the dummy into anything sugary
- Never use a bottle as a soother
- Try cuddling or reading to your child at bedtimes instead of giving them the dummy
- Remove the dummy when your child is trying to talk
- Try to get rid of the dummy at around 12 months or sooner
- Praise your child if he/she will give up the dummy
- Choose the right time for your child to give up their dummy - not when you are under pressure

Once you have decided your child should give up the dummy, don't be tempted to give it back, and make sure there are none left around.