

Advice about dummies



“When I talk and play,
take my dummy away”

This leaflet was developed by speech and language therapists to give you a few ideas on how to manage your child's use of the dummy so that it doesn't affect his or her speech.

- **Not all babies will need or want a dummy**
- **Try to use a dummy only when your baby is tired, upset or trying to get to sleep**
- **Don't give your baby a dummy unless he or she really needs it**
- **Dummy sucking can soon become a habit**
- **Try to reduce using a dummy by the time your baby is 6–9 months old**
- **Children over the age of 1 do not need a dummy**



Giving up the dummy...

- gives your baby more time to learn to babble and talk
- will be better for the position of your child's teeth
- may reduce the risk of tummy, mouth and ear infections.

Remember...

Never dip a dummy in sweet things.

Tips from parents:

"I take it out when she's playing"

"I made a clean break, stuck at it and didn't give it back"

"We gave his dummy to the Dummy Fairy"

"Singing songs and nursery rhymes helps distract him"

"My child swapped it for a small toy"

"Don't give in"

For more advice,
or if you are concerned about your child's talking,
please talk to your health visitor.



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