



Dummies Important Information



Did you know?

Using a dummy frequently over an extended period of time can damage your child's teeth

A dummy can stop your child from being able to use all their speech sounds when talking

Using a dummy regularly can cause ear infections

It is recommended that children stop using a dummy by one year old.

Top Tips for minimising the amount of time your baby/child has a dummy ...

- Try settling your baby/child without a dummy first
- If you give your child a dummy try not to give it every time you 'think' they need it. Can they settle without it?
- Make sure lots of time during the day is dummy free
- Make sure that if your baby is babbling (playing with sounds) or your child is talking they don't have their dummy in.

This information is provided by the Speech and Language Team at Firth Park Clinic. For further information please contact your health visiting team or speak to a member of the nursery team who will be happy to help.