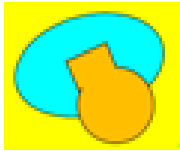


The Facts about Dummies...



ADVANTAGES

It can comfort babies when they are tired or ill.

Research suggests having dummy under 1 year old can help prevent cot death.

Dummies can help premature babies make the change from tube fed to bottle fed.

It is recommended that after 6 months dummies should only be used for sleeping.

Dummies should be given up after 1 year.



DISADVANTAGES

Dummies can cause babies to dribble more.

Increased chances of infection of ear, throat and chest caused by germs that can get on dummies.

Dummies limit the opportunities for babies to experiment with different speech sounds and to practice babbling.

Dummies can lead to incorrect positioning of teeth.

As children get older it's harder to wean them off dummies.

How to... Ditch the Dummy

Encourage your child to leave their dummy out for the Dummy Fairy, Santa or Easter bunny.

Choose a time when you have support, are regularly with your child, and feel able to take it on.

Exchange the dummy for a small gift or an activity you and your child enjoy.

Books about giving up dummies may help e.g. "The Last Noo Noo" by Jill Murphy

Set yourself a time limit so you have a target to work towards.

Be prepared for some tears and tantrums. Plan how you will distract your child e.g. a story, songs/rhymes or a cuddle.



Make a clean break, throw them **all** away.

Talk to your child about giving it up - when and how it will happen, being a big girl/boy etc.

Get support from family, preschool/nursery, and children's centre staff.