

TOP TIPS

for dummy use



0-6 months The dummy can be useful but it is not your only tool

Using a dummy* can help calm a young baby and also help them to fall asleep. Not all children will want a dummy and remember there are other ways to soothe your baby including skin to skin contact, cuddling them, rocking them or singing and talking to them. **If breastfeeding, it is recommended that you wait until your child is at least 6 weeks old and feeding is well established before introducing a dummy.*

6-12 months A window of opportunity – your baby's attachment to their dummy will get stronger as they get older

Ideally between 6-12 months is a good time to get rid of the dummy. At this age and stage, your child will not have developed as strong an attachment to the dummy and it is therefore easier to remove now than when they are older.

1-2 years Keep to naps and bedtime only!

Between 1-2 years try to keep the dummy to naps and bedtimes only. At this age and stage your child is learning to use their first words and needs lots of opportunities to sing, talk and play without having a dummy in their mouth.

Over 2 years Time to make a plan that will work for you and your child

Once your child is over 2 it is time to make a plan that will work for you and your child. At this age and stage your child is using more and more words and beginning to put words together to make sentences. Continued use of the dummy during the day can affect your child's speech sounds and limit opportunities for talking. Continued use of the dummy at night can also affect how teeth grow and develop.

TOP TIPS FOR DITCHING THE DUMMY

- **Choose the right time** – consider when you may have more support available, choose a time when your child is well, maybe think about doing it during the holidays when there is less pressure (e.g. Easter, summer, Christmas)
- **Remember it usually only takes 2-3 days to break the habit** – you can do this!
- **Try others ways of soothing your child** – you could introduce a teddy or other comforter.

TIPS FROM PARENTS...

"We did an exchange at Toys'r'us"

"We gave ours to the Easter bunny"

"We got rid of it for naps first, then tackled night time, went surprisingly smoothly"

"Don't offer and keep out of sight"

"Cold turkey – do it at a time when no one needs to get up for work or school and after 2-3 nights was fine"

"Stay strong. My husband hid it so I couldn't give in"

"Fairy came and took it away and left a certificate"

"We gave our little boy a new comforter teddy"

"Take 3 days and don't leave the house."

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