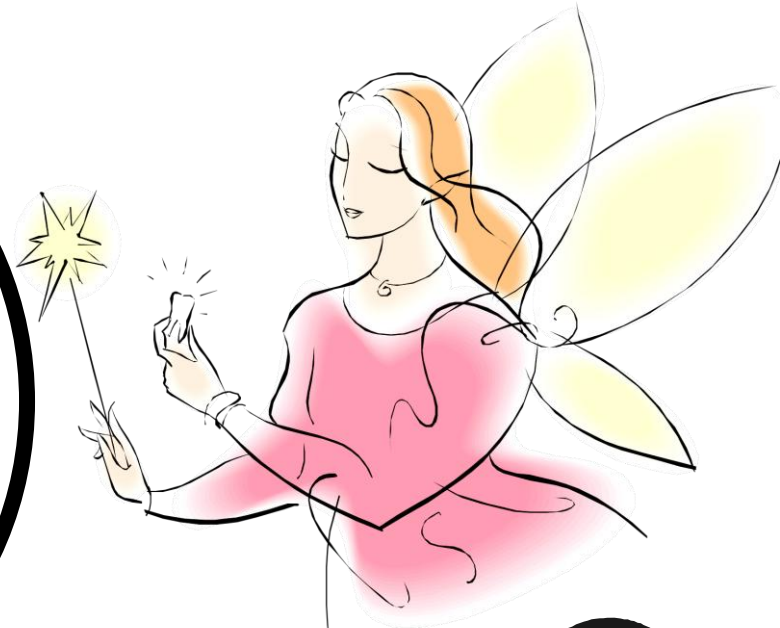


Dummies...

Speech and Language Therapists recommend that children over **12-months** old **do not** use dummies and bottles

Dummies can lead to **incorrect positioning of teeth** so that the bottom and top teeth don't meet properly. This can cause a **lisp**

Babies like to suck and dummies can help to soothe them. But **regular** and **extended** use can create problems with your **child's speech**. Only use dummy at set times, eg. bedtime. Dipping it into something sweet can cause tooth decay



Children need a lot of practice when learning to talk. A dummy may **discourage babbling**, making your child late to talk

A child using a dummy may tend to breathe through their mouth rather than nose, which can make your child more **'dribbly'**

A dummy in the mouth can restrict tongue movement and may prevent your child from **learning and making all the speech sound** correctly

Research shows dummies can double the risk of **ear infections**

Wean your child away from dummy by 12 months. Choose a good time to make a **clean break**. **Throw ALL** dummies away. Most children will fret for no more than 2 or 3 days. Find out why your child is crying and use other ways of comforting – **cuddling, reading** at bedtime. Ideas include giving the dummy to Tooth Fairy, Santa, swapping it for a toothbrush or a new toy



...and Talking