

## DUMMY REMOVAL ADVICE

### **A few reassuring points for parents**

- Crying is **normal** and doesn't mean you're doing harm — it's a change in comfort, not distress.
- Consistency matters more than the exact method you choose.
- Aim for calm confidence: "*I know this is hard, and I'm here.*"

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### **OPTION 1: Gradual & Gentle Methods (Lower crying overall)**

#### **1. Limit when the dummy is allowed**

Start by reducing access before removing it completely:

- Only for **sleep**
- Then only for **bedtime (not naps)**
- Then only to **fall asleep**
- Finally, not at all

 Tip: Keep dummies out of sight during the day so they don't trigger requests.

#### **2. Dummy “replacement” comfort**

Swap the dummy's role with something else:

- A comfort toy
- A special blanket
- Rubbing their back
- A bedtime phrase or song used every night

 Introduce this **before** removing the dummy so it already feels comforting.

#### **3. Countdown or “goodbye” ritual**

Best for toddlers who understand a little more:

- “In 3 sleeps, the dummy goes away.”
- Mark it on a calendar
- Have a small goodbye ceremony

Examples:

- Leave the dummy for the **dummy fairy**
- Give it to a **baby who needs it**
- Put it in a special box and say goodbye together

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### **OPTION 2: “Make It Less Appealing” Methods**

(These work well for children who aren't ready to give it up emotionally)

#### **4. Snipping the tip**

A very popular method:

- Snip a **tiny hole** in the tip so the suction no longer works
- The dummy still looks the same, but feels “broken”
- Many children lose interest within days

 Important:

- Cut **only a small amount**
- Check regularly so it doesn't tear further
- Remove it once they stop using it

#### **5. Dipping it in something (safe options only)**

This can help if the child strongly associates the dummy with pleasure.

Safe, commonly used options:

- **Vinegar water** (very diluted)
- **Lemon juice** (tiny amount)

### What to say:

“Oh! The dummy tastes funny now — it must be broken.”

#### ⚠ Avoid anything:

- Spicy
- Sticky
- Sugary
- Medicinal

### 6. “Dummy is tired / broken” story

Build a narrative:

- “The dummy doesn’t work anymore.”
- “It’s too tired to help you now.”
- Show empathy rather than blame

This helps children accept the change without feeling tricked.

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### OPTION 3: Cold-Turkey (Fast but louder 🍑)

### 7. Remove it completely

Best for:

- Strong-willed children
- Parents who prefer a short, intense phase

How to do it:

- Remove **all dummies** at once
- Don’t give in once you start
- Expect 2–5 tough nights, then rapid improvement

Support strategies:

- Extra cuddles
- Calm reassurance
- Sit with them until they settle
- Keep bedtime routines very predictable

📌 Giving the dummy back after crying usually **extends** the struggle.

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### What to say when they cry

Short, calm, repeated phrases work best:

- “I know you miss it. You’re safe.”
- “The dummy is gone, but I’m here.”
- “It’s hard, and you’re doing really well.”

Avoid:

- Long explanations
- Negotiating
- Reintroducing it “just this once”

### When is the best time to do this?

#### ✓ Choose a **stable period**:

- No big changes (new sibling, travel, illness)
- You must commit with consistency

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### Final encouragement 🤍

Many parents are shocked at how quickly their child adapts once the decision is firm.  
You’ve got this!!!!