

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.

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.

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”
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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!!!!