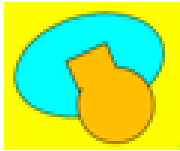


# The Facts about Dummies...



## 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.