



# Ditching the dummy



Dumifree's guide to:  
**Early use of a  
dummy and bottle  
with your baby**



Dumifree says:

During our early months a dummy can help soothe and settle.

It can also be viewed as a support for our mummy's and daddy's

But prolonged use of a bottle or dummy can lead to:

#### **POOR COMMUNICATION SKILLS.**

We have fewer opportunities to coo and babble and for you to respond.

This early interaction and communication is essential for our language development.

#### **SPEECH SOUND DIFFICULTIES**

Speech problems can be caused by poor lip closure, protruding tongue, drooling, and a tendency to produce sounds at the back of our mouth.

#### **MIDDLE EAR PROBLEMS.**

Middle ear infection and related hearing difficulties can be caused by the use of a dummy.

#### **ORTHODONTIC PROBLEMS**

Over-use of a dummy can alter the shape of our top jaw and may have a long lasting effect on the position of teeth.

...Say goodbye to dummy and bottle at 12 months



## Dumifree's Tips for Ditching the Dummy

### Reward

Reward your child for getting rid of their dummy:

A small present (e.g. a book, a new open drinking cup).

A favourite treat.

Use a sticker chart (put a sticker on for each dummy free day).

### Timing

Get rid of the dummy at a time when your child will be receiving other treats that will be a distraction, such as:

**Festivals** – take away dummy but leave a gift.

**Birthday** – Swap dummy for birthday presents.

**'Dummy' Fairy** – Can come at any time of the year and leaves a present in exchange for the dummy.

### Plan Ahead

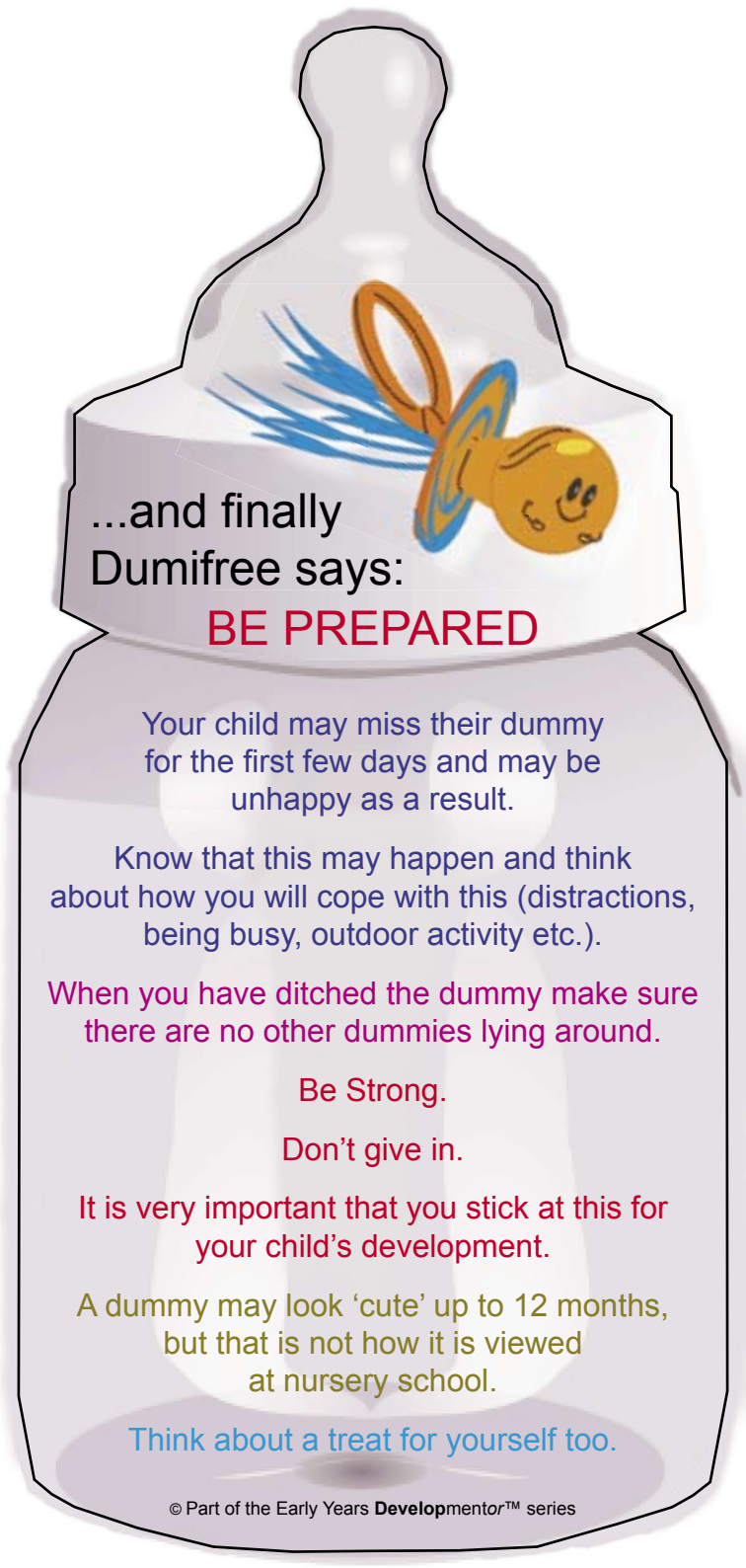
Tell your child that it is time to give up their dummy.

Give them a few days to get used to the idea.

Let other family members know also.

Remind them whenever you can about the reward they'll receive in return for giving it up.

Involve your child: they could wrap up their dummy to give to the 'Dummy Fairy'.

A large, light grey baby bottle is the central focus. Inside the bottle, a yellow dummy with a smiling face and blue wings is shown. The text is arranged within the bottle's shape.

...and finally  
Dumifree says:

## BE PREPARED

Your child may miss their dummy for the first few days and may be unhappy as a result.

Know that this may happen and think about how you will cope with this (distractions, being busy, outdoor activity etc.).

When you have ditched the dummy make sure there are no other dummies lying around.

**Be Strong.**

**Don't give in.**

**It is very important that you stick at this for your child's development.**

A dummy may look 'cute' up to 12 months, but that is not how it is viewed at nursery school.

Think about a treat for yourself too.