

## Ideas from Communication Champions to share ideas with parents re; Dummy use



### How to support parent's knowledge of dummy use

- Workshop with parents to share key facts on dummy use
- Make it fun with spoon activity to enable parents to understand about the impact of dummies
- Share leaflets with parents regarding dummy use
- Share the "Last nono" story with parents to support children at home
- If your child is still using a dummy, always ask them to take it out before you talk to each other
- Work with individual families
- Meetings with Health Visitors/ Interpreters
- Information about pros/cons through parent workshops on Communication and Language or Parent Welcome meeting/ Parents evening/ inform parents
- Display on use of dummies
- 'Bin the bottle' swap for Tommy Tippee cup
- 'Ditch the dummy' campaign - Continuous dummy sucking can result in incorrect positioning of the teeth. It also prevents the tongue from using the full range of movements which are necessary for the production of speech.
- Share information about dummy use through the Oral Health Team

### Restrict dummy use:

- Start by removing the dummy for short periods of time when your child is doing something they enjoy, e.g. looking at books
- Encourage children to put the dummy away in their tray/ dummy tub once settled in the setting
- Use a timer for the dummy
- Limit to bed time only

### How to support the removal of dummies

- Put on the Christmas tree for Father Christmas to take in exchange for a gift
- Send to the Easter bunny
- Tie the dummy to a balloon and let your child see it float away
- Sticker chart / Rewards for not having dummy
- Discuss with child, child makes decision
- Replace with another comforter, e.g. blanket
- Use soothing music to settle child/ Bedtime story
- Dummy box – children put their dummy in the box at certain times
- Rewards for not having dummy
- Give lots of cuddles and praise when your child doesn't have the dummy in

**Important:** Tell parents not to give up and be patient; it may take several attempts before the habit is completely broken.