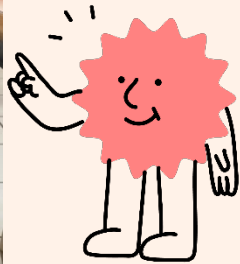


Communication and Language Top Tips: Ditch the Dummy

If your child is still using a dummy or a bottle after their first birthday, it could begin to affect their speech and language and may create dental problems.



Aim to wean your baby off the dummy during the day by approximately 12 months old. The sooner you break the habit, the easier it will be.

Take it out so I'll speak out



- Play games together where your child can see your face; let them try and copy you.
- Try smiling, copying faces or pulling funny faces.
- Blow bubbles or raspberries.

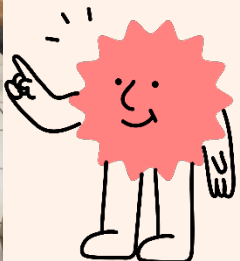
Scan the QR code or click the link to see the video: [Take it out so I'll speak out](#)

Ideas to try

- When out, leave the dummy at home.
- Allow your child to choose a new teddy or blanket to cuddle at bedtime instead of their dummy.
- Leave dummies out for the dummy fairy.
- Contact EYCLDS@boltonft.nhs.uk to find out when the next Dummy Heroes session will take place - come along for more tips!

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Did you know...

Dummies and bottles restrict your child from smiling and using speech sounds. This can make speech difficult to understand and your child could become frustrated when not understood.

Children are less likely to copy sounds or attempt to communicate when they have a dummy or bottle. This is important in the development of speech sounds.

When children with a dummy or a bottle in their mouth make sounds, speech sounds may be made in the wrong place in your child's mouth.

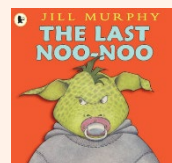
A dummy going from the floor into your child's mouth can lead to infection. Children who use dummies are also more likely to get ear infections.

Using a dummy may mask feeding cues and delay the development of muscles that are needed to chew.

Read a story



- Read a story about giving up dummies with your child.



Scan the QR code or click the link to see the video: [Story for kids. 'The last noo noo' by Jill Murphy. \(youtube.com\)](https://www.youtube.com/watch?v=Storyforkids.The%20last%20noo%20noo)

Find out more...



- When is the best time to ditch the dummy?

Scan the QR code or click the link to see the video: [When should we ditch the dummy? \(Video\) | BabyCentre](https://www.babycentre.co.uk/when-should-we-ditch-the-dummy/)

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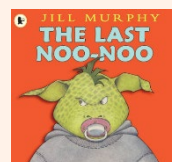
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