



How to help your child Dump the dummy!

For babies, dummies may be a comfort, but as they get older they do not need to rely on dummies as much.

The best time for a child to give up their dummy is by the time they are one year old.

Try giving up the dummy or bottle around a birthday or Christmas. You could offer them a treat (a small book or toy in place of dummy or bottle).

Get rid of all of the dummies - if your child sees them around the house, it will remind them they want one.

Children should be encouraged to drink from a cup with adult help if needed. This helps the muscles in the face and mouth to develop.

It won't happen overnight but is worth the struggle. Babies can quickly adapt to using a feeder cup if introduced at a few months old.



How to help your child Dump the dummy!

If your child is upset or needs some comfort limit the dummy to bedtime or naps only.

If your child is playing happily take the dummy out of their mouth.

If your child is talking to you with a dummy in, ask your child to take it out so you can hear what they are saying to you.

Children need to practice using their mouth, lips and tongue in order to learn to talk.

Activities such as licking lips, blowing bubbles, sucking through a straw, making funny faces, smiling laughing and sticking out your tongue can all help to develop these skills.

Distract your child when they are asking for their dummy, do something else instead like play a game.

Be strong - Once you have dumped the dummy, it is important that you do not give in and give your child a dummy when they ask for it.

First Contact

and

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To find your nearest children's
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