

What about dummies?



- Dummies can soothe some babies in their early months.
- Try not to let a dummy become a habit.
- Only use it at certain times – such as when the baby is cross or tired, or is settling down to sleep.
- Never dip a dummy in drinks, honey, jam etc – this leads to teeth becoming rotten and decayed.
- Wait until your child *needs* the dummy. Don't use it as a 'plug' to keep them quiet and allow them to take the dummy out to talk.
- Speech and Language Therapists suggest that you wean your baby off the dummy as soon as you can, preferably by between 6 – 12 months. It is much easier then, than at 2 – 3 years old.

Please note, while the information contained in these leaflets has been created by a Speech and Language Therapist, it is intended to complement the advice of professional healthcare staff.

