

How do I get rid of the dummy?



- Think about whether it is you or them that is in control of the dummy. For example, are you using it as a 'plug'?
- Reduce the number of dummies gradually down to one. Then, when that dummy is lost don't buy another one!
- Reduce the amount of time your child relies upon the dummy, for example, use only at night time.
- Use games, toys and books to stop your child thinking about their need for the dummy.
- Do not give the dummy as a comforter if your child gets upset. Instead use cuddles and their favourite toy.
- Do not give up. Keep trying.

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.