

Bottles and Dummies

Speak Up Salford



All about Children's Speech, Language and Communication



Family
Hub

Salford

Integrated Care Partnership



Bottles and dummies

Activities linked to this

If you cannot completely ditch the dummy make sure that:

- The dummy is only available at sleep times.
- Only have one dummy so that you can monitor your child's use of it.
- Use events such as weekends, birthdays and festivals to ditch the dummy. The dummy fairy can take them away and it might leave a small gift as a reward.
- Once you have ditched the dummy make sure it is gone for good.

Preparation

Some parents find dummies useful to help settle and soothe their baby. Dummies might also help some babies develop their suck.

When children begin to play with sounds and are ready to use words, using dummies can have an impact on their talking.

Try having a conversation with someone whilst you are sucking your thumb. It's not comfortable and you often say less or give up.

What does the research say?

The research shows that dummy use can have a negative impact on young children in the following ways:

- Your child can have more ear and mouth infections.
- Your child can have increased difficulties with their teeth. This can include:
 - Tooth decay if the dummy has been dipped in sugar or if you have given your child juice or tea in bottles.
 - Changes to the shape of teeth due to overuse of the dummy.
- They are less likely to copy sounds and practise babbling. This is important for language development and learning words.

What to do

If your child is using a dummy a good guide to follow is to think about getting rid of the dummy, when your child's first teeth come through at around 6 months of age.

For further information

www.talkingpoint.org.uk

World Health Organisation

www.ncbi.nlm.nih.gov/pmc/articles/PMC2791559/



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www.speakupsalford.nhs.uk