

## Advice about dummies

Some parents choose to give their child a dummy, some choose not to. However, if you give your child a dummy, it is very easy for this to become a habit.

### General advice

- Dummies can comfort and soothe small crying babies
- Not all babies will need or want a dummy
- Older babies and children do not need a dummy
- It is a good idea to reduce the use of the dummy by the time your baby is 6-9 months old
- Use it only when your baby is tired, upset or trying to get to sleep
- Don't give your baby a dummy unless they really need it
- Dummy sucking can soon become a habit
- Never dip a dummy in sweet things

### Giving up the dummy

- Gives your baby more time to learn to babble and talk
- Will be better for the position of your child's teeth
- May reduce the risks of tummy, mouth and ear infections

For further information please contact your local Speech and Language Therapy Department.