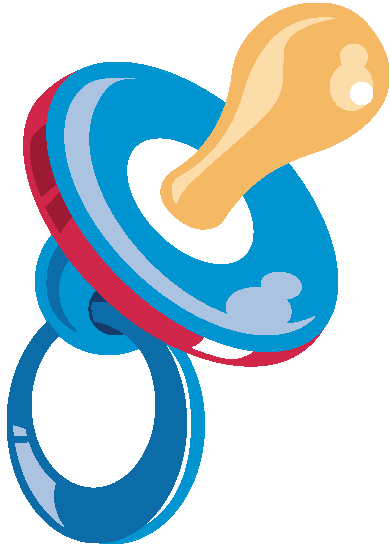


# Dummies and Talking



**Children learn to talk by babbling and playing with sounds.**

**Dummies prevent them from practicing these important skills.**

## **Children need to practice saying sounds**

You may notice your child making some of these early sounds:

*w, m, n, p, b, t, d*

A dummy stops your child from making these sounds correctly.

## **Children need to practice saying words**

Your child learns new words by copying and repeating what they hear. A dummy can act as a plug that prevents them from trying.

## **Children have growing mouths**

Dummies can affect the shape of your child's teeth as they grow. It can also encourage your child to have their mouth open, which can increase dribbling.

**The Early Communication Support Service  
Services for Young Children**



**Hampshire**  
County Council

[www.hants.gov.uk](http://www.hants.gov.uk)

# Try to ditch the dummy by the time your child is 12 months old

## Limit the dummy

Only use the dummy at night time. Take it out of your child's mouth when they're talking.

## Choose your time

Find a good time to get rid of the dummy, when there aren't too many other pressures.

## Go for a clean break

Remove all the dummies from the house so your child won't find them and undo your good work.

## Give it away

Your child may like to give their dummy away to Santa or the dummy fairy.

## Get some support

The first couple nights may be stressful. Invite a close friend around for moral support.

Ask your local Children's Centre for advice. They can put you in touch with the local Speech and Language Therapy Assistant.

## Distract from the dummy

Your child may ask for the dummy early on. Be strong! And distract them with a book, a toy, or a hug.

