



Family Learning - Early Years



Tips for Dummies and Learning to Talk

Talk

As children get older they need to learn to move their mouths in different ways, to smile, to make sounds, to chew food and eventually to talk.

Babbling is needed to make quick mouth movements needed for speech.

Age

Speech and language therapists recommend that children over 12 months old do not use a dummy.

Wean your child off a dummy as soon as you can. Manorfield staff will support you to do this. It will positively impact your child's learning and development.

Problems

Using a dummy too much can lead to the incorrect positioning of teeth, so that the bottom and top teeth at the front don't meet properly.

Your child may breathe through their mouth rather than their nose. This is often linked to long-term dribbling.

Golden Rules

- Don't let a dummy become a habit.
- Remove the dummy when your child is trying to talk.
- Don't dip a dummy in anything sweet. It can lead to tooth decay.



Language

Dummies can prevent talk. Your child may not use the full range of tongue movements that are necessary for making all speech sounds. Your child has fewer opportunities to babble and use sounds to communicate.

Goodbye!

Try getting rid of a dummy by:

- Gradually decreasing its use
- Restricting its use to certain times
- Using a reward chart
- Throwing it away and replacing it with a gift from the dummy fairy
- Offering a comfort blanket instead
- Cuddling, reading and/or singing songs before bed instead of using a dummy
- Talking about growing up
- Hiding it, so it is out of view and your child can't see it
- Picking a good time to stop - when your child is well, things are stable and they're happy

Once it's removed, don't be tempted to give it back. Most children will fret for no more than two or three days.