Talk to me

Take it out so I'll speak out...

Over use of dummies and bottles can affect speech and language development

stokespeaks.org

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STOKE "Speaks Out"
Developing with confidence

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Developing with confidence

Learning to communicate is one of the most important skills I will develop

It will help me to:

- Make friends at nursery or school
- Be confident
- Learn new things at school
- Socialise with different people
- Ask questions about the world around me
- Get a job when I am older

Stoke Speaks Out and health professionals recommend that dummies and bottles are not used after 12 months of age.

If I still use a dummy after my first birthday:

- I may not be able to practise saying words.
- I may learn to say sounds the wrong way as my tongue can not move properly.
- I may dribble which can cause a rash on my chin.
- I may pick up more infections in my ears and throat.
- My teeth and the top of my mouth may not grow into the right shape.

Hints and tips:

- Before you give me a dummy, try to work out why I am crying. I may need changing or feeding or I might just need a cuddle.
- If I do have a dummy, never let me talk with it in.
- When I am busy or playing take my dummy away.
- Instead of having my dummy try giving me another comforter, for example, a soft toy or blanket.
- I will find it easier to become 'dummy free' when there are no other big changes happening in my life.
- Make giving up my dummy a positive experience by sending it to Santa/Dummy Fairy, giving it to a new baby or swapping it for a new toy.
- It might not be easy for either of us at first but once my dummy has gone do not give it back to me and make sure that there are no other dummies for me to find. Try another way of comforting me, e.g. give me a cuddle.