

Longer-term use of dummies (particularly beyond the age of one) and overuse throughout the day can influence tongue positioning and the development of teeth. This may affect speech clarity, sometimes resulting in "slushy" sounding speech. Reducing dummy use, particularly during waking hours, can help support clearer speech development and more natural tongue movement as children grow.

Here is a useful link for Talk, Listen, Cuddle Essex with 'Dummy support' -

<https://www.tlc-essex.info/resource/dummies/>

Top Tip

Try to keep dummy use to a minimum and set clear, consistent boundaries around when your child can have it – for example, limiting it to nap times and bedtime only.

Being consistent helps your child understand expectations and can make the weaning process much smoother.

Please see link below for support and advice

https://beststartinlife.gov.uk/?gclid=aw.ds&gad_source=1&gad_campaignid=23468622928&gbraid=0AAA-AAowZrsmKGeWmK3bSKmC66DBH5SGfn&gclid=EAlaIQobChMliJPvlfKhIAMVcJNQ8h1OODxjEAAYASAAEgIJ7fD_BwE



Scribbles Day Nursery **Dummy weaning support** **booklet**

In this booklet, we aim to provide as much support as possible to parents and carers when it comes to weaning your child off of a dummy. It offers helpful advice, practical guidance, and useful next steps to support you and your child throughout this important stage of development.



We understand that this can be a difficult stage for your child and we aim to work closely with you to make this transition as positive and consistent as possible.

Every child develops at their own pace, and we will always support children with patience, encouragement, and reassurance.

Dummy weaning Information for Parents

Dummies can be very soothing for young babies and, as they grow older, they may develop a strong attachment to them.

However, dummy use can sometimes become a source of uncertainty or stress for parents, as there are many questions that come with it. When is it appropriate to offer a dummy? When should it be limited? How should you respond if your child becomes very reliant on it or struggles to let go?

Understanding your child's individual needs and responding consistently can help make the process smoother and more manageable for everyone involved.



Extended dummy use can have an impact on developing teeth and may restrict the natural movement of a toddler's tongue.

In addition, when a child frequently has a dummy in their mouth, it can reduce opportunities for babbling, talking and practising new sounds. By gradually weaning a child off their dummy, you are supporting their speech and language development, giving them greater opportunity to express themselves and build confidence in their communication skills.