



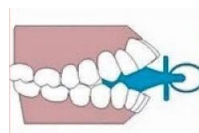
# Bin the bottle! Ditch the dummy!



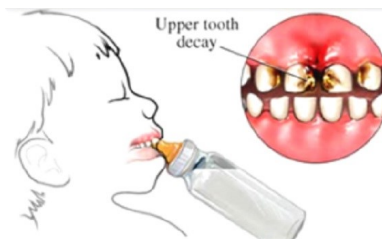
## Did you know?

Using dummies and bottles **too often for long periods of time** can lead to:

Teeth being **pushed out of position**



**Tooth decay**, especially when dipping dummies in syrup or jam or giving fruit juice or sugary drinks in bottles



## Drooling (dribbling)

Children need to learn to control saliva by closing the mouth and swallowing. Overuse of dummies and bottle sucking stops this, leading to drooling and saliva problems. This can then lead to soreness around the mouth.



## Delay in speech sounds and talking

It reduces the amount of babbling, a vital stage needed before a child can talk.

Children learn words by listening to and copying adults. A dummy prevents a child from copying words and sounds back correctly.



Many speech sounds are made at the front of the mouth (p, b, t, d, s). Regular dummy/ bottle users will struggle to develop these sounds and may then need speech therapy.

The more a child talks with a dummy the higher the risk of needing long term speech therapy.

A child is much less likely to talk if they have an object in their mouth.

## Delay in normal mouth movements

To develop speech, babies and young children need to explore a range of mouth movements e.g. opening and closing the mouth, smiling, sticking their tongue out. Dummies limit these movements.

## Fewer opportunities to learn and explore

Children need to be wide awake to learn, and explore. Dummies have the opposite effect by soothing and relaxing a child.



## Difficulty in swallowing solid food

With a bottle the child is using a sucking action.

It's important to develop the ability to sip too.



This will help to build and strengthen the muscles in and around the face which are useful for eating (biting and chewing lumpy food or finger foods) and speaking.

## Ideas to help....

- Don't use the dummy as an instant plug, try to identify the problem.
- Use the dummy as a last resort if a baby is unwell or going to sleep
- Always take the dummy out when a child is awake.
- Never allow your child to talk with a dummy in his/her mouth
- See the dummy as a short-term solution, not a long term habit.



- Wean your baby off a dummy as soon as possible, certainly by 10-12 months.



- Don't allow your baby to suck on a bottle all day.

## Remember

Seek advice from the Health visitor about drinking from cup when the baby is around 4-6months.

## Practical ideas to help

Give the dummy to Santa or the dummy fairy



Swap a dummy for a reward.

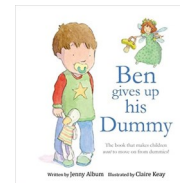
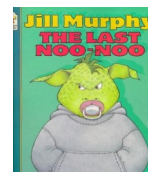
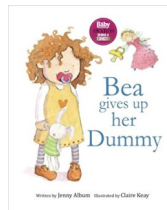
Try something else as a comforter. E.g. a soft toy or a comfort blanket.

Pretend to give the dummy to a friend's baby

Get your child to throw the dummy in the bin now they are grown up.

Stick it out! Most babies and toddlers will only fret for 2-3 days and nights!

Plan ahead, prepare your child by reading books/stories about getting rid of the dummy. E.g.



Use a reward chart.

Have a chat with other parents to see what worked for them and their child.

Find some time when you've got some support, such as the weekend, before ditching the dummy

Once you remove the dummy, don't be tempted to give it back !

## Useful websites

### Baby centre

<https://www.babycentre.co.uk/a565731/dummies-and-soothers>

### Literacy Trust

<https://literacytrust.org.uk/resources/dummies-and-learning-talk/>

### Healthforunder5s

<https://healthforunder5s.co.uk/sections/toddler/ditching-the-dummy-and-the-bottle/>

### Startwell Birmingham

<https://startwellbirmingham.co.uk/bottle-to-cup/>

Remember if you need any help or support with these issues please contact your health visiting team. If your not sure who they are or where to find them ask at your GP surgery.