



Dummy Advice

Dummies are useful in the first 6 months as they help to sooth a very young baby. The sucking reflex helps to regulate breathing, and there is evidence that using a dummy at sleep times can reduce the risk of Sudden Infant Death Dyndrome (SIDS)...

HOWEVER, children over 12 months do not need a dummy.
Prolonged and over use of a dummy can lead to:

Speech & Language difficulties - To learn to speak, your little one needs lots of practice. For babies this practice is in the form of babbling and moving their lips, tongue and jaw. A Dummy will prevent your little one from getting the practice they need.

Dental problems - Using a dummy changes the natural resting position of your child's tongue. This results in a change in the shape of the roof of their mouth and can result in a change in the shape and alignment of your child's teeth.

Ear infections - There is a correlation between dummy use and ear infections due to the change in position of the tongue. Ear infections are associated with a mild hearing loss which can also impact on speech and language development.

Feeding difficulties - Using a dummy will reduce the movement of the jaw, tongue and lips. The muscles in the mouth may not be well enough developed resulting in difficulties with chewing, as well as controlling saliva.

TIPS

- Leave the dummy at home when you go out
- Only give the dummy at sleep time
- Keep dummies all in one place in your child's bedroom
- Swap the dummy for a favourite toy
- Leave the dummy for the dummy fairy
- During the day try distraction e.g. blowing bubbles or cuddling a favourite toy

If you need any more help please head over to our Facebook page Little Orchard Children.

Jane x



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Speech & Language Therapy

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