

# Take my dummy away so you can hear what I have to say!



**Dummies and bottles can affect  
your child's ability to talk**



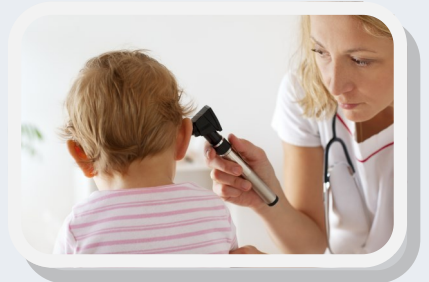
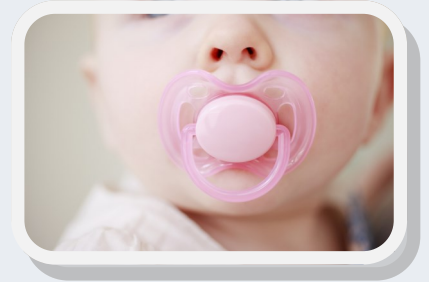
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# Did You Know?

## Dummies can:

- ◆ Make it difficult for children to babble or practise sounds—the dummy is in the way!
- ◆ Stop the full range of tongue movements that are needed for some speech sounds—this can have long term effects.
- ◆ Increase the risk of ear infections
- ◆ Cause a gap between the top and bottom teeth when sucked a lot—this may lead to a lisp



## What can I do to prevent these problems?

Keep the dummy for sleep times only from 8 months

Remove the dummy when children are playing or talking

When you decide to stop, throw them all away to avoid the temptation of giving it back

If you need to use a dummy, use it just for a few minutes until they are settled

Reduce dummy use gradually. Give it up completely by 12 months

### Remember:

The sooner the habit is broken, the easier it will be.