

Tips for dumping the dummy!

Try to make the break a clean one, your child will be upset for less time. If this is too difficult, make the break gradual by limiting the dummy to certain times E.g. Bedtime



Beating the bottle!

Restrict the bottle to bedtime. (If still after 1 year.)
Only give milk or water in a bottle.
Don't use bottle as a comforter.



Useful tips!

Try giving up the dummy or bottle around a Birthday or Christmas. If your child has kicked the habit, maybe you could offer them a treat (a small book or toy).

Your survival tips!

Toddlers won't be keen to give up so prepare yourself, your family and friends for the protests!
The more support you have from others around you the easier it will be. If your child is at Nursery or playgroup, let staff there know so that they can help re-enforce the message.
It won't happen overnight but is worth the struggle! Babies can quickly adapt to using a feeding cup if introduced at a few months old.
It is easier to give up bottles and dummies before they are 1 year old... but not all babies will agree!

Tips for using dummies/bottles sensibly

(Comfort sucking can be hard to break.)
Don't let your child fall asleep still sucking a bottle.
Don't use dummies as plugs when your child cries. Try and find out what the reason is. Dummies can be useful when babies are young but aim to get rid of them as they get older. Offer a beaker at mealtimes in place of a bottle (as they get older).

Promoting speech

Children who use Dummies tend to speak from the back of their mouths so the sound "T" becomes "K". Babies who use Dummies a lot have fewer chances to babble. When your child is playing, or you are talking to them, remove dummy so that they can respond and join in spontaneously.



Bottles after 12months

May lead to:-
Tooth decay.
Not interested in chewing food.
Food refusal.
Iron deficiency anaemia
Poor growth (under or over weight)
Prolonged use of Dummies can lead to dental and speech sound problems.

DUMMIES and BOTTLES

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SOME HINTS AND TIPS FOR PARENTS.