



During your baby's early months a dummy/soother can certainly have some benefits; however not all babies need a dummy. Inappropriate and prolonged use of a dummy can lead to a range of problems.

Dental Health

- Upper and lower front teeth or back teeth not meeting properly.
- Tooth decay (especially the front teeth).
- While your child does use a dummy, encourage a flat teat rather than a cherry teat as this has less of an impact on dentition.



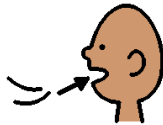
Swallowing

- Incorrect tongue position may affect the development of swallowing (this is not dangerous, but is linked to problems with teeth and speech development). Your child may also dribble more frequently.



Mouth Breathing

- Your child may tend to breathe through their mouth rather than their nose.
- This is often associated with dribbling.



Speech Sound Problems

- Dummy use can cause restrictions to tongue movements, which can affect speech production.
- Your child may not grow out of these and may require Speech and Language Therapy.



Communication

- Your child has fewer opportunities to babble and to communicate with you.
- Always remove a dummy when your child is talking.



You can find some ideas on how to get rid of the dummy (tried and tested by parents) by following the link below:

<https://www.babycentre.co.uk/a1041476/parents-tips-giving-up-the-dummy>

Remember:

- The dummy is not a plug! Wait until your child needs the dummy rather than automatically giving it to them.
- Don't let the dummy become a habit for you and your child.
- Use it selectively e.g. when your child is cross and tired or settling down to sleep.
- Wean off as soon as you can but no later than 10-12 months old.
- Choose the right time to give up - not when you are under pressure.

