



Prolonged use (past 12months) of a Dummy or Bottle can lead to: **Poor Communication Skills**, **Speech Sound Difficulties**, **Middle Ear problems**, **Orthodontic (Teeth) Problems**.

Plan Ahead: Tell your child that it is time to give up their dummy/bottle and give them a few days to get used to the ideas. Let other family members know so that they can support your child and you.

Ditch the Dummy!

Use a sticker chart (Put a sticker on for each dummy free day). Give a small reward when your child has managed without their dummy/bottle for 5 days. Make sure you tell us at Nursery and we will also give them a certificate and lots of Fuss!

Be Prepared!! Your child might miss the dummy/bottle for a few days and be unhappy. Plan how you will cope with this.... Make sure there are no other ones in the house (coat pockets etc!!) **BE STRONG and DON'T GIVE IN!** It is very important for your child's development to stick with it.