

## Dummies can .....

- Affect talking ~ a baby needs opportunities to communicate.
- Affect speech sound development. Babies need to practice making a whole range of sounds ~ dummies reduce this.
- Restrict tongue movements needed for speech sound practice.
- Affect development of swallowing and this can in turn cause dribbling.
- Affect correct positioning of teeth and lead to uneven dental formation and tooth decay. This also affects speech.
- Be used as a comforter, if necessary for short periods of time. Aim to reduce use of a dummy by 6-12 months of age.
- Be sterilised, always do this before use.
- Cause tooth decay, never dip in sugar or jam, etc.
- Reduce social skills, can cause mouth breathing and open mouth posture.
- Be removed when the baby wants to talk or needs to.

*For further information or advice contact the Speech and Language Therapy Department or your Health Visitor*