

Brave Badger's Guide to Dummy Use

Dummies are used in many countries and have been used with young children for many years

Advantages

- Dummies can be great at helping babies settle down to sleep or to soothe them.
- Some studies show that dummies can help establish good sucking patterns in very young babies, especially those born prematurely.



Disadvantages

- Regular use can cause a gap between upper and lower front teeth which may lead to speech difficulties
- A dummy may make it difficult for your child to swallow and make your child more 'dribbly'.
- A dummy can become a habit, so once you have decided to give it up, don't be tempted to give it back and don't give it to your child if they're happy and calm.

How can I get my child to give it up?

- Offer an alternative, such as a comfort blanket or soft toy.
- Use a sticker chart and give a sticker for each dummy free day.