

Dummies for Mummies (and baby too!)

Some babies need to suck for comfort. When babies are little, dummies are fine when baby is tired or poorly. But do try to get rid of baby's dummy as soon as possible.

Little mouths have lots of things to learn and they can't do it with a dummy in their mouth.

- Lips and tongues need to learn to chew and lick.
- Lips and tongues need to learn to eat and smile
- Lips and tongues need to laugh and sing
- AND THEY NEED TO LEARN TO TALK!

Baby needs to play with sounds in babbling. If he/she has a dummy in his mouth he can't do it and so it takes a lot longer to learn to talk.

- Babies who have dummies for a long time dribble and have sore chins.
- They become messy eaters
- They might have problems with their teeth.
- They will talk later and the sounds might be very unclear because they haven't had the babbling practice.

Look at all the things I can do if I haven't got a dummy in my mouth!

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