

# Dummies



Speech & Language Therapy Service  
#banter4bairns

## What you need to know -

Dummies can be a life saver when baby is tired, upset or ill but...

Always try to find out why a child is upset and use the dummy as a last resort.

Dummies are not recommended after 6 months and certainly shouldn't be needed beyond 12 months.

- Overuse of dummies can lead to difficulties with speech.
- They can change the position of the teeth and obstruct tongue movements which makes sounds difficult to say.
- Dummies inhibit talking — remember babies need lots of babbling practice before they will learn to use words.

Remember -

**Don't encourage speaking with a dummy in the mouth.**

**Don't dip the dummy in sugar!**

**Watch this**  <https://bumps2bairns.com/dummies/>

You can call our **Advice Line** for more information  
**Thursdays between 10am and 12noon**

East Fife: 01592 717569 West Fife: 01592 645234



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