

Dummy & Bottle

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St. Paul's

Christian

Playgroup

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Dummy & Bottle

Did you know?

- Toddlers using a dummy are 3 times more likely to have ear infections
- Sucking a dummy/bottle can lead to problems with the teeth at the front of the mouth
- Juice and sugary drinks given in a bottle can cause tooth decay
- Half of all children who use dummies are sent for speech and language therapy
- Children who use dummies might not try to chat as readily as other children
- Children who use dummies tend to speak from the back of their mouths so the sound “t” becomes “k”

What drinks can I give?

After 12 months your baby can have:

Tap water
Milk
Very diluted fruit juice

Dumping the Dummy

Try to make the break a clean one as your child will be upset for less time – but if this is too difficult, make the break gradually by limiting the dummy to certain times e.g. bedtime

What drinks should I avoid?

Skimmed milk
Coffee
Tea
Fizzy drinks
Drinks with artificial sweeteners
Ready-to-drink cartons/cans

Beating the Bottle

Restrict the bottle to bedtimes only
Only give milk or water in a bottle
Don't use a bottle as a comforter

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Useful tips...

- Try giving up the dummy or bottle around a special occasion – such as Birthday/Christmas
- If your child kicks the habit reward them with a treat e.g. a toy or story book

Your survival tips...

- Toddlers won't be keen to give up the bottle or dummy so prepare yourself, your family and friends for the protests!
- Choose a stress-free time and make sure you've got plenty of support
- If your child is at nursery - let the staff know so they can help you
- Remember it won't happen overnight but it's worth the struggle

Bottles after 12 months may lead to:

- Tooth decay
- Not interested in chewing food
- Refusing food
- Iron deficiency anaemia
- Poor growth (under or overweight)

Tips for using dummies/bottles sensibly...

- Try not to use the dummy as a plug when your child cries but find out what it is that is upsetting them
- Dummies are useful with babies but try to wean them off them by 12 months or it'll become a habit
- Take the dummy/bottle out of your child's mouth when they try talking to you
- When your child is playing take the dummy out of their mouth so that they can babble or chat to you
- Try limiting dummy/bottle use to certain times of the day e.g. sleep times
- Babies quickly adapt to using a feeder cup if introduced at around 6 months – leave it too long and 'old habits die hard'
- It's easier to give up a bottle or dummy before 12 months but not all children agree
- Offer a beaker at meal times instead of a bottle
- Don't let your child fall asleep still sucking a bottle

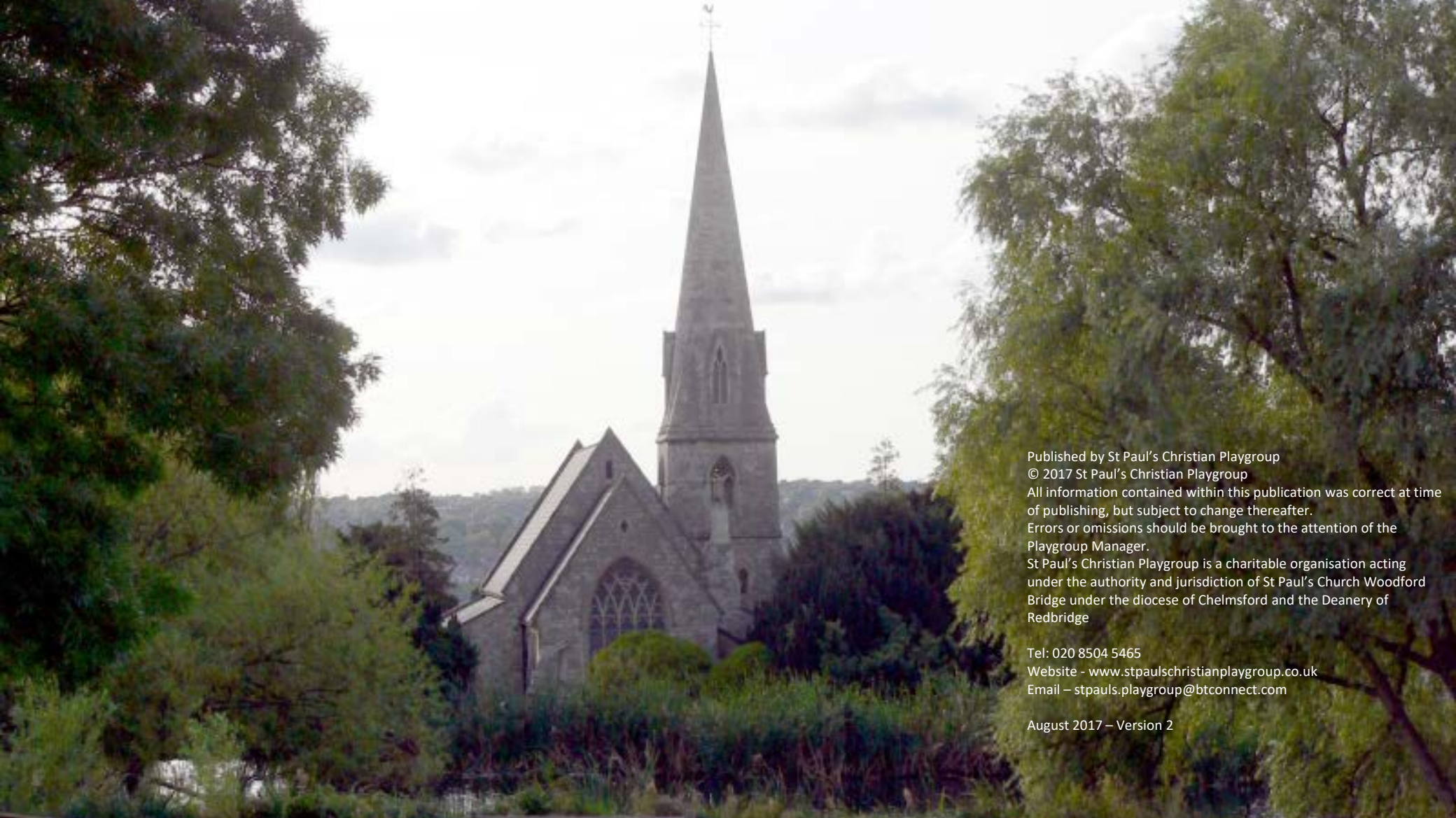
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