

A trip to Blackpool

A story about giving up
a dummy



Blackpool Council

Introduction

Babies like to suck, so dummies can help to soothe them at bedtime or when they are tired or upset. But regular or prolonged use of a dummy may lead to problems with children's speech, teeth development and health.

Older children can find it difficult to give up a dummy and they need lots of support and praise from their parents.

This story can be used to help you talk about dummies with your child and make a plan together.

There is more information in the back of this book to help parents make the choice about dummies and top tips from other parents.

The comments or questions in purple can be used to help children talk with an adult about the story.

Publication details

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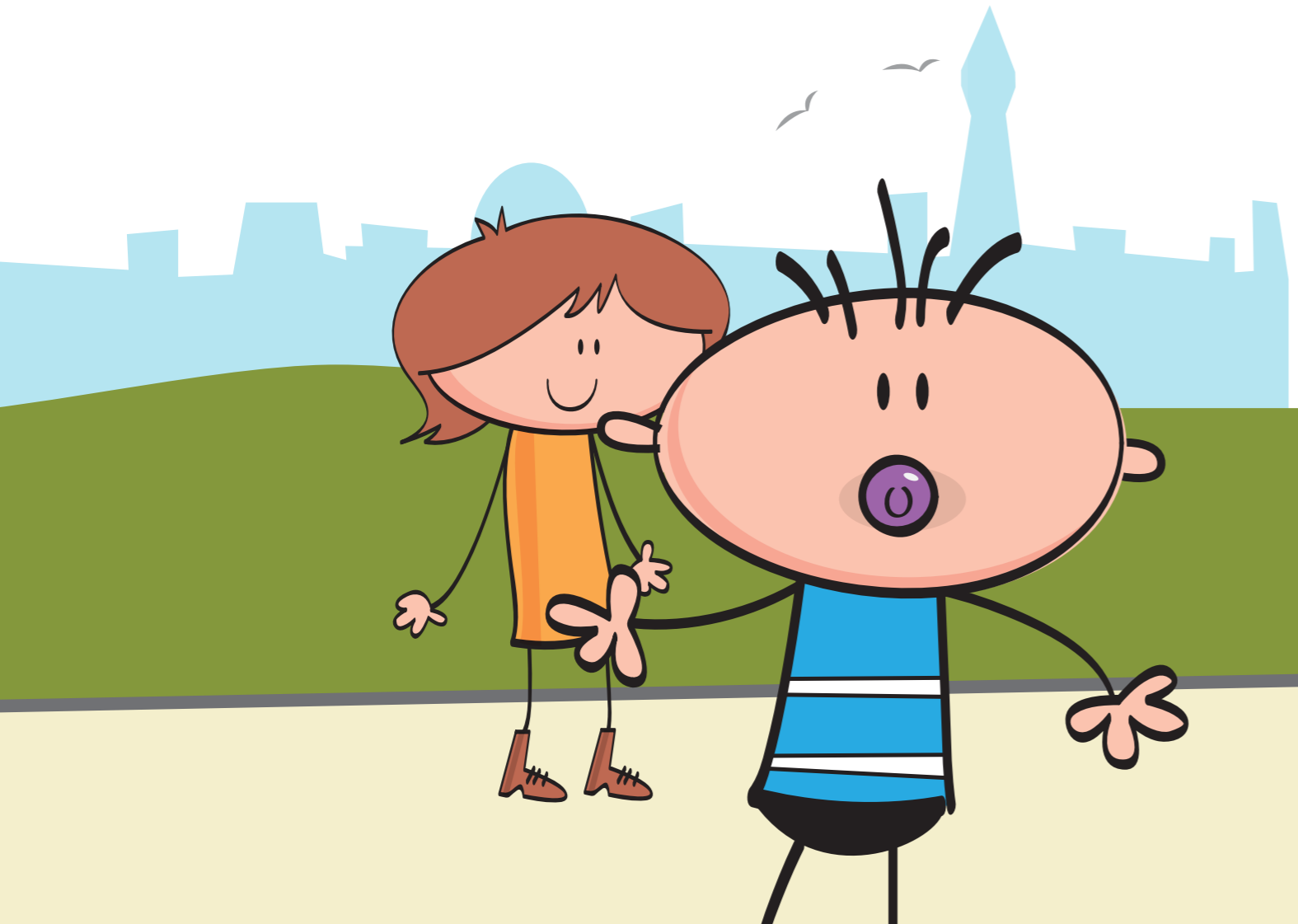
Talk about days out your child has had with their family...



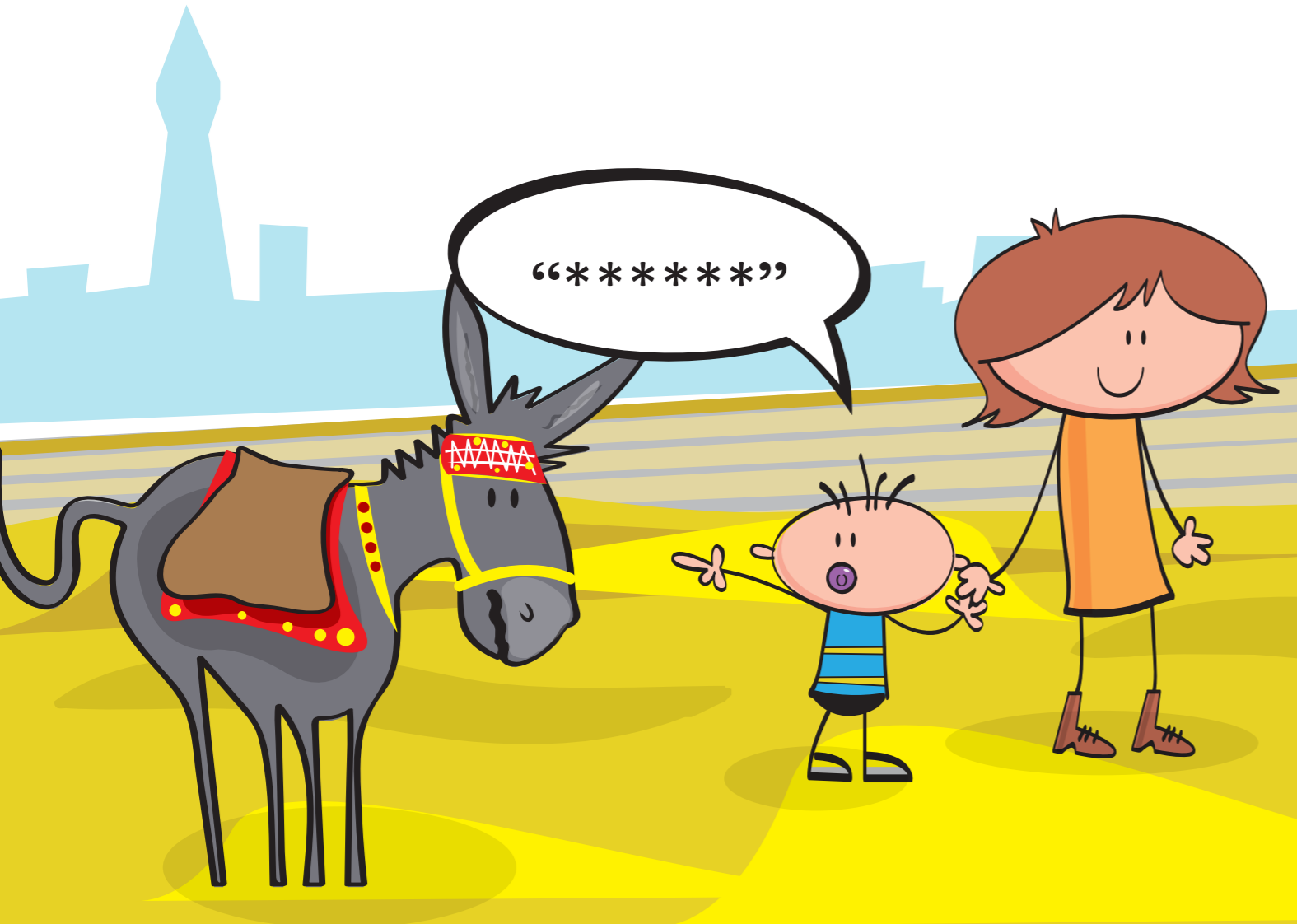
Luka and his mummy have gone on a special day out. Mummy wants Luka to take out his dummy so that he can smile, talk, laugh and eat, but Luka wants to keep his dummy in.

Luka wants to go on a big bus. He says “look a bus” but mummy doesn’t understand.

Talk about a time when you went on a bus.



Luka wants to go on a donkey.
He says “want go on a horse” but mummy
doesn’t understand.



Luka sees a big wheel.
He points and says “Go up high”
but mummy doesn’t understand.
He feels sad.

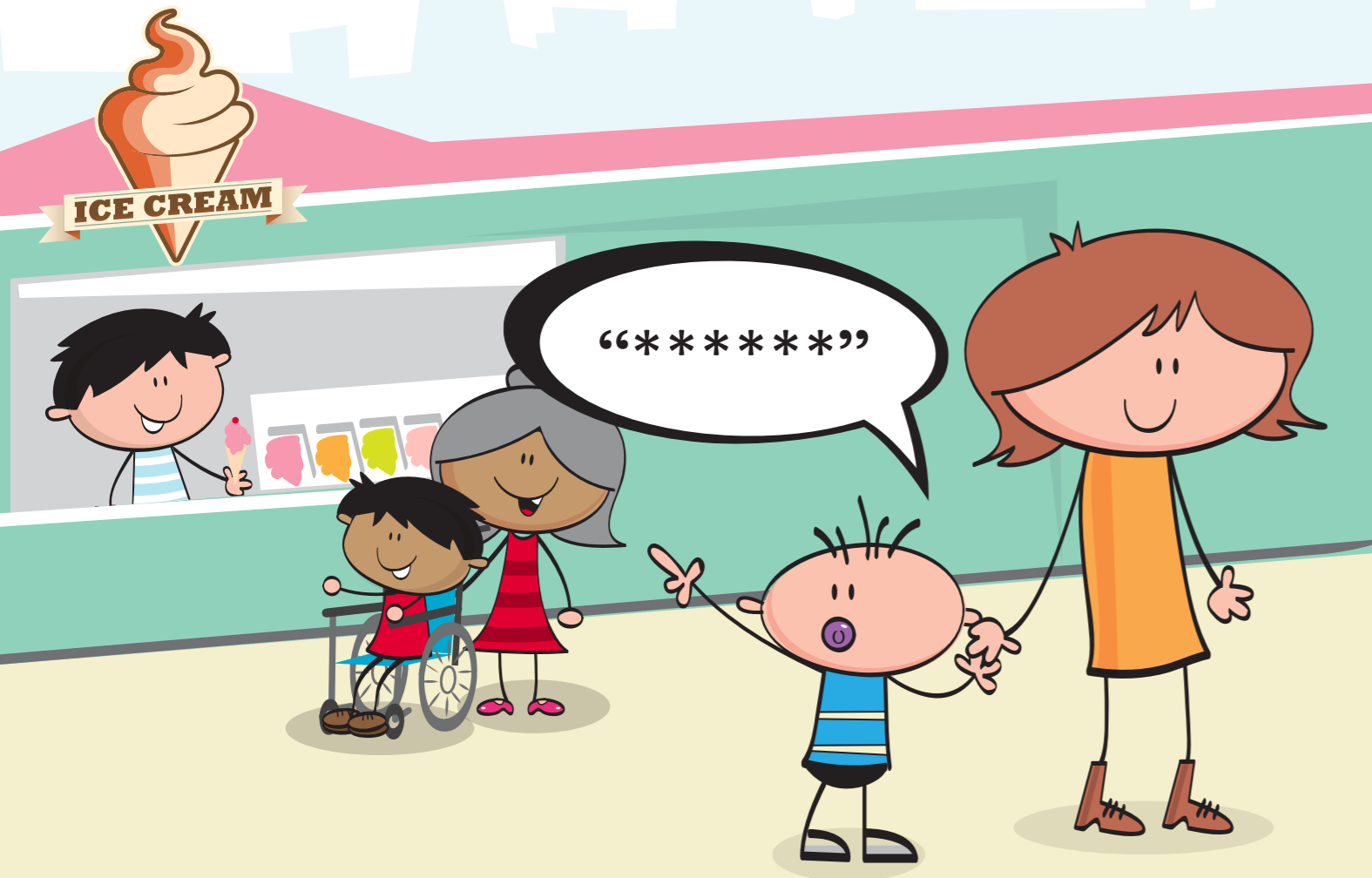


What makes you feel sad?
Talk about a time when you have been up high

Luka wants an ice cream.
He points and says "Want an ice cream"
but mummy doesn't understand.
Luka sees a boy asking for ice cream.

Luka stops.
He takes out his dummy and asks again for an ice cream.
This time mummy understands him.

What will happen next?



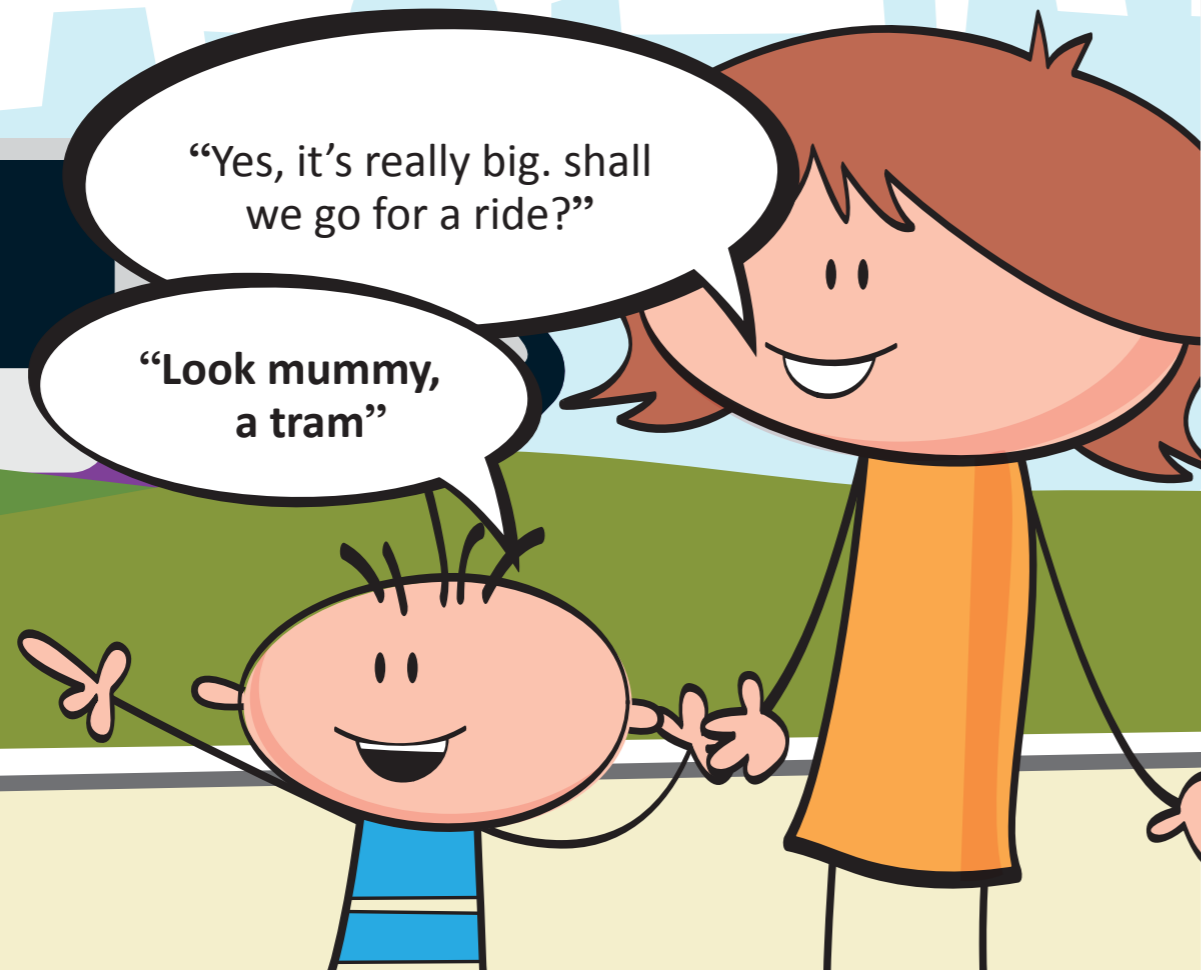
Luka and his mummy enjoy an ice cream. They talk about all the things we do with our mouths like smiling, talking and licking lovely ice-creams! Dummies just get in the way.



Mummy throws away the ice-cream wrappers in. Luka decides to throw his dummy away too.



Mummy thinks Luka is a big boy for giving up his dummy. Mummy and Luka can talk easily now. They decide to go on a tram to see what they can see.



Mummy and Luka talk about their day and the things they can see on the tram. Talking is better without a dummy.



Luka and his mummy walk along the beach.
They find some see shells in the wet sand.



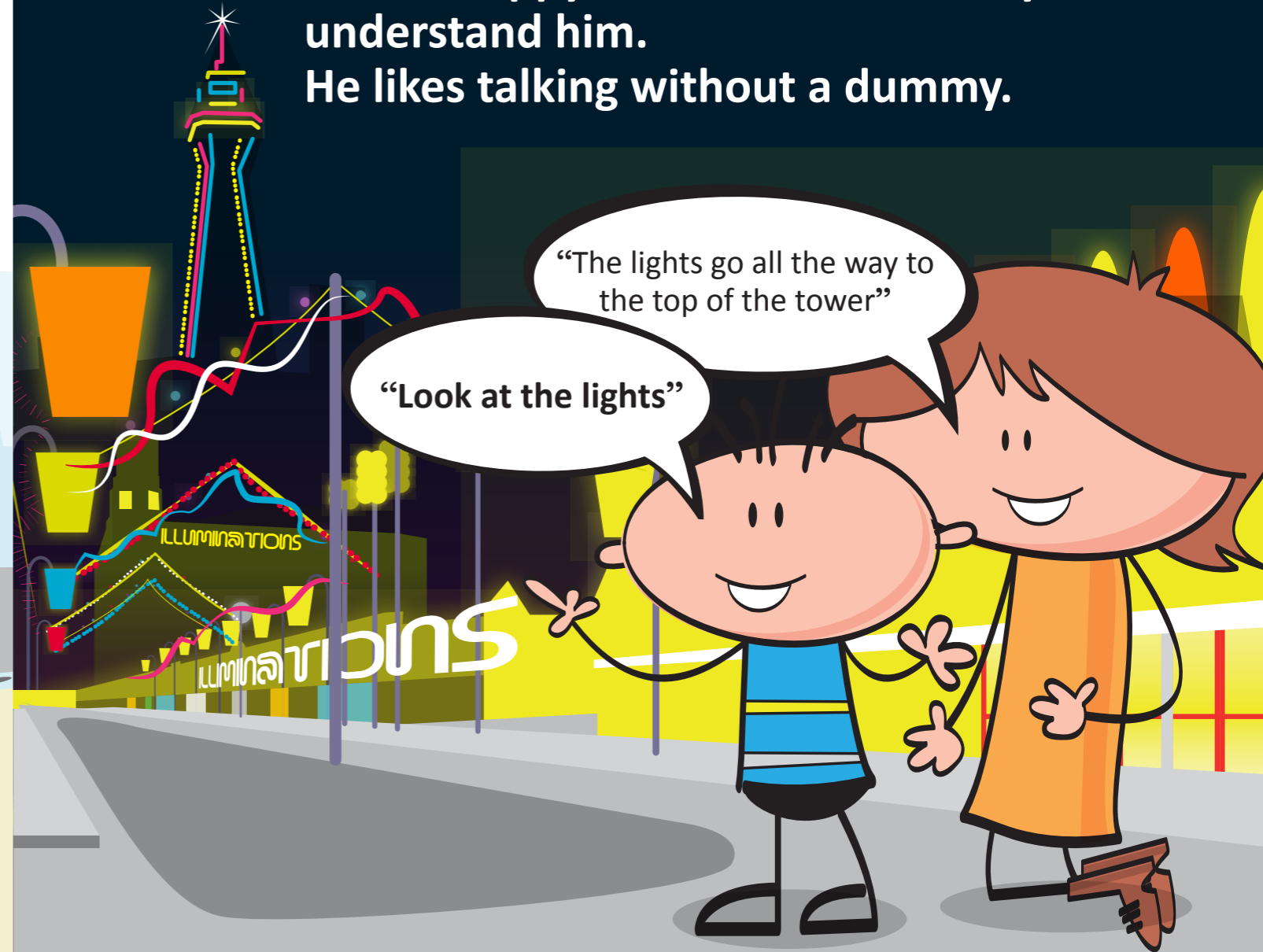
Luka and his mummy see some rides.
Luka likes the music on the merry-go-round.



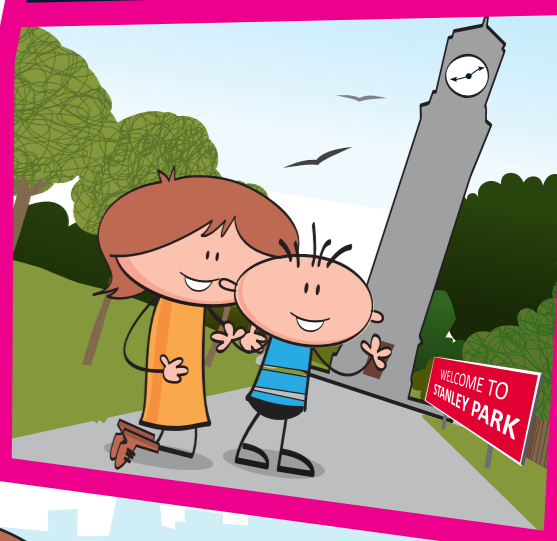
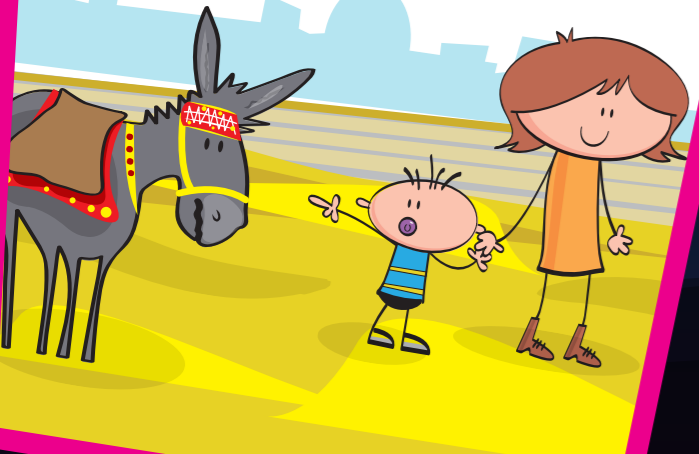
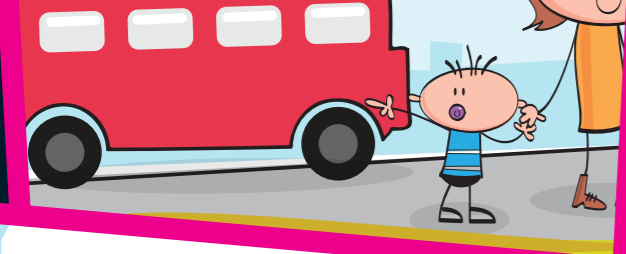
Mummy and Luka enjoy talking and laughing at the funny clown.



It is nearly time to go home. Mummy and Luka see the Illuminations. Luka is happy now that his mummy can understand him. He likes talking without a dummy.



BLACKPOOL
TOUR BUS



**What did Luka do
in Blackpool?**

Talk about what you would like to
do at the Seaside.





Luka's and his mummy make a reward chart together. Luka will colour some stars during the day (in the morning, after toddlers group, after tea time) and get regular praise and little rewards for giving up his dummy.

With older children it can be helpful to build in rewards with a chart like this. Always set small targets with your child so that they are achievable. For some children a rewards chart just reminds them of their dummy so choose the best approach for you and your child.



Research and guidance regarding dummy use

Many parents and carers find dummies (or pacifiers) useful to comfort their baby. However, there are some important issues which parents need to be aware of if they are to make an informed choice about using a dummy.

It is very important for babies and young children to have lots of time babbling, playing with sounds and copying noises adults make. This is how they practise talking and when adults respond to these noises they help their child learn to communicate. When a baby or young child has a dummy in their mouth, they have fewer chances to learn in this way.

Many health professionals are also concerned that using a dummy may mean that children are more likely to have mouth, stomach and ear infections, and that long term dummy use can affect teeth alignment and the clarity of speech later on.

Darwazeh AM, Al Bashir A. Oral candida flora in healthy infants. *J Oral Pathol Med*1995;24:361-4.

Niemela M, Pihakari O, Pokka T, et al. Pacifier as a risk factor for acute otitis media: a randomized, controlled trial of parental counselling. *Pediatrics*2000;106:483-8.

Adair SM, Milano M, Lorenzo I, et al. Effects of current and former pacifier use on the dentition of 24-59 month old children. *Pediatr Dent*1995;17:437-44.

Health professionals recommend that if parents choose to give their child a dummy they...

1. Keep the dummy clean and never dip it into anything sweet, as this can cause tooth decay.
2. Keep the dummy for sleep or rest times only, leaving lots of time for babbling and talking practice without a dummy.
3. Try to wean your child off a dummy before their first birthday.

What parents have said about dummy's...

"Santa took the dummy in exchange for a special present."

"We do something else instead if she asks for her dummy."

"I was surprised by how quickly he forgot about his dummy once we stopped it"

"Nursery worked hard to wean her off the dummy so I stopped it at home as well"

"I realised that the dummy was a habit I was encouraging"

"There were more and more times when I wouldn't give him the dummy. First at Playgroup, then in his pushchair and then we would leave it just for bedtime."

"I found it harder because I had a young baby, but praising my child and finding big girl rewards helped us both through"



Where to go to find out more information about dummies or children's speech and language development...

<http://www.talkingpoint.org.uk/>

http://www.literacytrust.org.uk/talk_to_your_baby

If you would like support in helping your child give up the dummy, talk to staff at your local children's centre, nursery or your health visitor.



