



Haringey Universal Therapy Services (HUTS) Advice Poster

How can I help my child reduce dummy use?

- Dummies can be very soothing for young babies
- Dummies can affect how your child's mouth and teeth grow
- It can also mean they spend less time talking, babbling and exploring sounds
- When your child cries, pause - try cuddles, singing or playing first
- Have clear rules - only use the dummy at bedtime or when your child is ill

Find out more:

Find out more on
how to help your
child lose the
dummy



Learn about
common myths
about dummies



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Find out more 🌐

