

Dummies



Why should you wean babies off the dummy?

- Dummies can affect teeth and make it hard for toddlers to move their tongues.
- If a child has a dummy in their mouth, they can't babble or talk as much.

When should you wean off the dummy?

Aim for their **first birthday**: this gets them ready to start babbling and saying their first words.



Top tip

If you stop using dummies when your baby is **three months** old, they will quickly forget about needing it.

For more information about dummies and talking visit:

[Dummies and learning to talk](#)

