



## Use of dummies

At Loughborough Campus Nursery we recognise there is a lot of confusing advice available about the use of dummies. A dummy can be a source of comfort for a child who is settling and/or upset, may often form part of a child's sleep routine, wean babies off breastfeeding, as well as helping children learn to fall asleep by themselves. Evidence indicate dummies can get in the way of a child learning to talk and weaning children off the dummy can be challenging. There is also evidence linking them to speech impediments. The increased risk of ear infections, dental problems and limiting of babbling and use of sounds (both of which are essential in the development of speech and language skills) are all very good reasons for not giving dummies to infants after about one year of age, especially during the day and when they are interacting with other children and adults.

As babies get older they need to learn to move their mouths in different ways, to smile, to blow bubbles, to make sounds, to chew food and eventually to talk. As babies move their mouths and experiment with babbling sounds they are learning to make the quick mouth movements needed for speech. The more practice they get the better their awareness of their mouths and the better their speech will be. The overuse of a dummy may restrict these movements from taking place and therefore effect a child language development.

### The nursery aims to:

- Have on going discussions about the use of dummies with parents as part of babies individual care plans
- Use dummies for comfort if a child is upset (for example if they are new to the setting or unsettled due to a change in routine) and/or as part of their sleep routine
- Store dummies in individual hygienic dummy boxes labelled with the child's name to prevent cross-contamination with other children
- If a dummy or bottle falls on the floor or is picked up by another child, this is cleaned immediately and sterilised where necessary

Manager's signature .....

July 2019

Ashby Rd, Loughborough, Leicestershire LE11 3TE



[Nursery@lsu.co.uk](mailto:Nursery@lsu.co.uk)



[lsu.co.uk/nursery](http://lsu.co.uk/nursery)



01509 234126