

# Dummies

In Appletree Nursery School, we do not give dummies to children as we really want to develop children's communication and language skills as they are so important to your child's all round development. We also like to hear what they children have to say so that we can respond to them.

We have put together some information and helpful support for all our parents and families and we hope you find it useful. Please ask us if you need any help, we are always happy to support you to ditch the dummy!

## What is so wrong with dummies or bottles?

Long term use of dummies and bottles means your child will have:

- Limited tongue movement. Good tongue movement is important for speaking clearly and has an impact on children's learning in lots of other areas such as reading. If children cannot say letter sounds, they find it difficult to read at a later stage.
- Less interest in talking with you as they are comforted by the dummy.
- Tooth decay and the front teeth may not meet up. This makes it difficult to talk and be clearly understood by other children or adults.



When is the best time to get rid of the dummy/bottle?  
Try to get rid of it by your child's first birthday-  
It is most likely going to be hard but so much easier than  
letting a habit grow and having tantrums when you send  
them to school without it! If you have not tried it yet, now  
is the time to.



Children over 1 year old do not need to use a dummy or a bottle.

### Dummies are not allowed in nursery school.

Ask your child to take the dummy out when talking to you. Use it only at set times e.g. bed time if absolutely necessary.

Do not let your child walk to nursery with their dummy in. Without a dummy in their mouth, children will talk about things they see, they hear, they like, they notice on the way. They will develop their conversational skills commenting on the things they see.

The more vocabulary a child develops in the early years, the better they do in later life at school in their academic learning. Children do learn at different rates...

Children aged two years old should be able to say about 200 words!  
Children aged three years old should be able to say up to 1000 words!  
They will learn to do this much more quickly if they do not use their dummy during the day.