

Dump The Dummy Bin The Bottle



SO HOW DO I DO IT?

Try the suggestions overleaf when you want your child to give up the dummy or bottle. Do it at a time when you and your child feel up to it e.g. when you are both well, you aren't trying other skills like potty training & there are no major changes happening in your child's life.

Gear yourself up for it but don't worry it may not be as hard as you think!

There are 2 ways:

Gradually reducing its use:

- ☺ Ensure that your child never talks around his dummy, you could say that you can't hear what they are saying
- ☺ You could say that dummies are for bed and leave it there when your child gets up or put it away in a drawer - out of sight out of mind?
- ☺ Only have one dummy in use...if they are too readily available you will find it hard to discourage your child

Completely removing the dummy:

- ☺ 'Father Christmas' & 'fairies' can "magic" the dummy/bottle away and leave a small present instead
- ☺ Cut or puncture the teat so that its "broken" and needs to go in the bin
- ☺ "Lose" them or leave them behind when you go away
- ☺ Ask a friend or a person in authority e.g. a health visitor to suggest to your child that they don't need it anymore

Make sure you give your child plenty of praise to make them feel that they are doing something positive & grown-up.

Don't worry if you do not succeed the first time, leave it for a while and try again.