

Let's Get Talking: Using dummies

Welcome to Let's Get Talking. We're here to help you and your child with practical advice and support in developing their speech, language and communication skills.

Here we're going to talk about the impact of dummies on speech and language development.

There's lots of information and advice out there and it can feel confusing, but it's generally thought that using dummies too much can delay speech development.

Time without a dummy gives your child more opportunities to have a go at talking and exploring different sounds.

Your child will start experimenting more with making sounds at around 6 months old, so the current advice is to stop giving them their dummy when they're between 6 and 12 months.

To help with this, try to only use dummies when they're going to sleep.

If your child uses one when they're awake, be sure to take it out when they're trying to make sounds or are babbling or talking.

If you have any questions about using dummies or would like advice on how to stop using them, your health visitor can help.

For more tips and advice to help with your child's talking, take a look at our other videos.