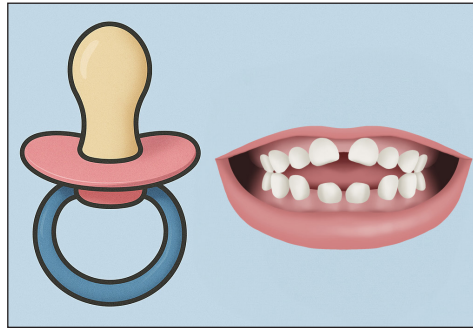


Dummies and talking

what to know as they grow

Keep dummies for **bedtime** so they can have more chatter in the daytime.



- Too much dummy use can affect how teeth and tongues grow.
- This can make it harder to form sounds clearly.
- Dummies get in the way of words and conversations.
- Try to say goodbye to the dummy by your child's first birthday.

Make the most of dummy-free time with lots of talking and singing.

Sometimes try other comforters like a cuddly toy or special blanket.

Maybe have a 'dummy fairy' to take it away as soon as you can.



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