

Contact details

Early Years Team

For all enquiries, including:

- Attention difficulties
- Social communication difficulties
- Language delay
- Complex needs
- Stuttering
- Hearing loss
- Speech sound difficulties

Please contact:

Clinical Navigator
Leatherhead Clinic
Poplar Road
Leatherhead
Surrey
KT22 8SD
01372 384 305

CSH.childrensclinicalnavigator@nhs.net

For further information and resources please visit:

www.cshsurrey.co.uk/our-services/service-children/speech-and-language-therapy

Follow us on Twitter: @CSHpaedtherapy



Need to contact the service?

Please see the Contact details section of this leaflet.

Your experiences

CSH Surrey is committed to putting people first and continually improving services through listening and responding to feedback. To share your experiences, please:

Call: 01306 646 223

Email: CSH.Feedback@nhs.net

Or write to the Governance Office address below.

Large print, audio format or another language

Call 01306 646 223

or email CSH.Communications@nhs.net to receive this information in large print, audio format or another language.

General enquiries

Visit www.cshsurrey.co.uk for information and contact details for all other CSH Surrey services.

A heart in the community

CSH Surrey, proud to be part of the CSH Group. As a social enterprise, CSH makes profit to benefit local communities and to enhance its health and care services.



Quality & Governance Office,
CSH Surrey, Leatherhead Hospital, Poplar Road,
Leatherhead, Surrey, KT22 8SD

Company registered number 5700920



Using a dummy

Information and advice for parents, carers and professionals from CSH Surrey Early Years Speech and Language Service

Better healthcare together

CSH Surrey, providing NHS community nursing and therapy services in the homes, schools, clinics and hospitals in the heart of Surrey since 2006.

Why are dummies used?

Many Parents use a dummy to help soothe their child. This is understandable as most babies have a strong sucking reflex and in many cases a dummy can help settle a child.

What are the long term effects of dummy use?

- It prevents the tongue from using the full range of sounds necessary for speech. The dummy acts like a plug stopping your child from developing sounds such as 't' 'd' 'l' 'n'
- Tooth decay
- The tongue may remain in an immature forward position with a lack of lip seal resulting in slushy speech, dribbling and an open mouth posture
- Incorrect tongue position is adopted which may affect the swallowing pattern
- Can affect the formation of the gums and position of teeth
- The baby is unable to engage in normal babble patterns as tongue movements are restricted
- The child can become addicted to the dummy and it becomes increasingly difficult to wean them off as they get older. This can result in stress for both child and parent.

What you can do if your child uses a dummy:

- Move the dummy from your child's mouth when she/he talks
- If a dummy is necessary, use only for a short time as a comforter, then remove
- Never dip a dummy into jam, sugar etc. as it will lead to tooth decay
- Don't let your child walk around with a dummy in their mouth
- Try reading with your child before bedtime to comfort them instead of giving the dummy
- Regular sucking on a bottle will have similar effects to those of a dummy, so don't allow your child to suck on a bottle for increased periods of time.

How to stop dummy use:

- Praise your child when they do not use their dummy
- Father Christmas and fairies can magic the dummy away, leaving a small present for discarding it
- Provide a reward when your child throws the dummy in the bin.

What can we do to help your child?

If you have concerns about your pre-school child's speech and language skills please contact your health visitor or local speech and language therapist.

The CSH Surrey Early Years Speech and Language Therapy Service offers assessment and treatment of speech and language difficulties in pre-school children.

“A dummy all day keeps talking away”

Useful links

www.talktoyourbaby.org.uk

www.ican.org.uk

www.talkingpoint.org.uk/parents/speech-and-language/do-dummies-affect-speech

www.thecommunicationtrust.org.uk