



How to get rid of the dummy



by The Gentle Nanny



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Well done on making the decision to stop using the dummy, as great as they are for helping little ones be calm and sleep. There comes a time where it's better to give them up in case they cause speech delays, night waking's or you want to start protecting their teeth.

There are several options on how to stop your child having a dummy.

*Put a small needle size hole in the top of the teat so the dummy has less air in it, making the dummy less enjoyable for him.

*You can try the dummy fairy, where your child leaves their dummies out for the fairy and she brings your child a new toy. Your child may be slightly young for this idea and may still cry when they go to bed for the first night or two after giving the dummies away.

This Gentle dummy removal method may take a while to remove it, you can adjust the method to suit how your child

cope with each stage.

*Explain to your child that they are only allowed their dummy when they are either lying in their bed or sleeping. This way they will start to become less dependent on it during the day. You may need to distract your child if they ask for it out of habit through the day.

Once you feel they are coping well with this change you can begin the gentle dummy removal method with the day sleeps first.

*If your child won't go to sleep without their dummy, then let them have it to fall asleep with. Once they have been fully asleep 10 to 15 minutes, gently remove the dummy. If they cry, then pop it back in and then repeat again after another 10-15 minutes. This step may take up to a week or so depending on how well your child copes with the dummy being removed.

*Now remove the dummy gently 5 minutes after they have fallen asleep, this step may also take a few days to a week.

*Once you have managed to move the dummy at the 5-minute mark, reduce the time to 1 minute after they have fallen asleep.

*For the next few days, remove the dummy just as your child is falling asleep.

*Last step with the dummy would involve your child sucking the dummy till they are calm and settled for a few seconds before they give the dummy back to you!

*Well done for getting this far, this process involved your child going for their day sleep without their dummy and now you will start this whole process at night now.

*When they cry you will pop the dummy back in and repeat the process you are on. For example, if you are only leaving the dummy in for 5 minutes at night, when they wake at night. Just pop the dummy back in and remove gently when they have been fully asleep for 5 minutes.

During this process of gentle dummy removal, you may want to add a new sleep cue. This maybe a new teddy bear, something for them to hold that maybe smells of you or the lullabies you have been playing recently. You may want to offer your child more comfort whilst they are learning to sleep without the dummy.

*Dummies can be tricky to get rid of as they are a comfort to your child and they may have had one for most of their life.

*Always make sure they take it out to talk so it doesn't hinder their speech.

Let me know how you get on with getting rid of the dummies!?

The Gentle Nanny xx