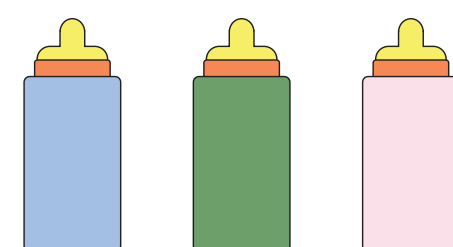


Bottle and Dummies Guide



Use of bottles with 6+ months year olds

The NHS recommends that from the age of six months children should be offered water from a cup. This can be with a free flow lid or without a lid at all. At nursery we encourage children to drink from cups without lids once they are confident holding a cup. The NHS recommends that once your child is one they no longer use bottles

Prolonged use of bottles can cause tooth decay as well as speech delay. If your child still uses a bottle over the age of one for milk (cows milk, formula, breast milk or milk alternative such as soya) you could try offering them the milk in a cup instead. Children often use bottles as a comforter but you could try offering a favourite soft toy, a cuddle or reading stories as a distraction

Golden Rules:

(As recommended by the National Literacy Trust)

- ★ Avoid making dummies a habit
- ★ Use dummies at set times such as when cross or tired
- ★ dummies are not recommended for breast fed babies until feeding is established
- ★ wean your baby off the dummy as early as you can ideally by the time your child reaches one

Use of dummies with 1+ year olds

The NHS recommends that children over one do not use dummies. This is because children are less likely to talk or babble when they have a dummy. If a child does babble or talk around a dummy it can lead to them not being able to pronounce sounds correctly. Over time dummies can actually lead to changes in the way that a child's teeth grow and even cause tooth decay.

Further information:

Bottle use:

<https://www.nhs.uk/conditions/baby/weaning-and-feeding/drinks-andcups-for-babies-and-youngchildren/>

Dummy use:

<https://www.hct.nhs.uk/media/2349/use-a-dummy-v2.pdf>

<https://www.letstalk.scot.nhs.uk/tips-and-info/toptips/babies-and-dummies/>

