

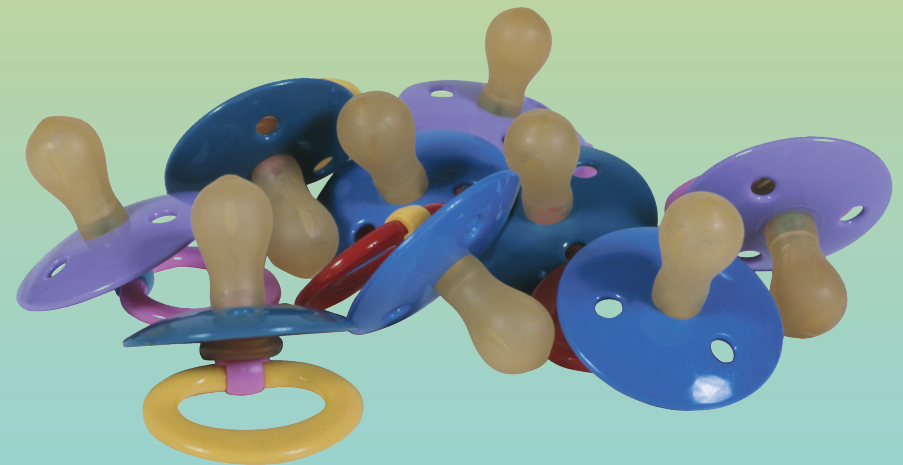
## How can I help my child to give up using a soother?

- Only use soothers at set times e.g. bedtime. Remove the soother when the child is asleep
- Take your child's soother out when they are trying to talk or busy playing
- Give the soother to Santa, Tooth Fairy, Easter Bunny etc!
- Don't replace lost soothers. Throw all other soothers away
- Give rewards (non food). For older children, try using a star chart to praise them
- Once your child has given up the soother, don't be tempted to give it back. Stick with it – they will forget about it in time

**Don't let soother use takeover.  
Get rid of it today!**



**Now I'm Big,  
Help my Speech -  
Put Soothers and Bottles  
Out of Reach!**



## Why do we give babies a soother?

- Sucking is a good skill for a baby to have – it helps develop their mouth for talking and breathing in infancy
- Sucking a soother gives a baby comfort
- It keeps babies quiet!
- Sucking a soother can become a habit – “I didn’t want him to have it this long, but now he won’t give it up”

**N.B.** Never dip a soother in sugar, jam, honey or anything else sweet before giving it to your child as this can cause tooth decay

**As babies get older, they need to learn to move their mouths in different ways– to chew food, to make sounds, and eventually to talk.**



## Soothers – when to stop?

- By 6 months, your baby is sucking less and chewing more
- Children should not be using a soother after 12 months



## Too much use of soothers and bottles can lead to:

- Your child having little time to practice using their lips and tongue for talking
- Your child having problems with talking that may take some time to correct
- Your child not wanting to talk
- Your child’s teeth growing out of line
- Your child breathing through their mouth leading to too much dribbling

