

## Dummies and talking

Babies like to suck, so dummies can help soothe at bedtime or when your baby is tired or cross. But regular and extended use of a dummy can create problems with your child's speech.

- Try to wean your child away from dummies, preferably by 12 months.
- Make a clean break – throw away the dummy over a weekend, or at a time when you have support. Most babies and toddlers will fret for no more than two or three days.
- Dummies prevent babies from babbling – an important step in learning to talk, so only use them at set times, like bedtime.
- When your baby cries he's trying to tell you something, so try to find out what's troubling your baby first, and use the dummy as a last resort.
- Remember, learning to talk can be tricky, so toddlers need lots of practice. A dummy will discourage your toddler from chatting with you, which she needs to do to develop her language skills.
- If your toddler is still using a dummy, always ask him to take it out before you talk to each other.
- Never dip your baby's dummy into anything sweet. This can cause tooth decay.



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## 橡皮奶頭和說話

嬰兒喜愛吮吸，所以橡皮奶頭幫助把嬰兒哄睡，或者當嬰兒疲倦或脾氣不好時候可使他安靜下來。不過如果經常和長時間使用奶頭，這對你孩子的說話能力會引起問題。

- 設法使你的孩子不再使用橡皮奶頭，最好是12個月大左右。
- 徹底戒除使用 – 不妨在一個周末或當你得到幫助時候棄用奶頭。大多數嬰兒和小孩因此而煩躁只兩三天而已。
- 奶頭妨礙嬰兒牙牙學語 – 這是學習說話的重要階段，所以只宜在規定時間使用，例如睡眠時候。
- 當你的嬰兒啼哭時候，他是想告訴你某事，所以你應首先找出什麼原因，只使用奶頭為最後辦法。
- 記著，學說話可能需要技巧的，所以小孩需要做許多的練習。奶頭會阻礙你的孩子跟你談話，而他需要這樣的練習使能夠培養自己的語言能力。
- 如果你的孩子仍然使用奶頭，每當你們一起談話時候，一定要叫他將奶頭取出。
- 切勿把奶頭沾上任何甜的食物，這樣會引起蛀牙。