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.

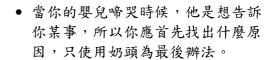
- Remember, learning to talk can be tricky, so toddlers need lots of practice. A dummy will discourage your toddler from chatting with you, which she needs to do to develop her language skills.
- If your toddler is still using a dummy, always ask him to take it out before you talk to each other.
- Never dip your baby's dummy into anything sweet. This can cause tooth decay.

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。





- 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。



Talk To Your Baby