

## 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 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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## Cinjirka iyo sheekada

Ilmaha ama dhallaanka yar-yar waxay jecel yihiin dhuuqista, sidaas darteed cinjirka afka ayaa maaweelin kara markii ay sariirta ku jiraan ama haddii ay daalan yihiin ama xanaaqsan yihiin. Laakiin cinjirka oo mar kasta afka ugu jira dhibaato ayey u keeni kartaa hadal barashada ilmaha.

- Isku day inaad ilmaha ka goysid cinjirka ugu dambayn marka ay jiraan ilaa 12 bilood.
- Si dhammaystiran uga goo – tuur cinjirka gaar ahaan waqti aad haysatid cid ku caawisa. Badi carruurto u darsan maayaan wax ka badan laba ama saddex maalmood.
- Cinjirku waxa uu ka hor istaagaa ilmaha in hadalkoodu isku dar-darsamo – taasoo muhiim u ah hadal barashada, sidaas darteed isticmaal waqtiyo gaar ah, sida xilliga ay sariirta ku jiraan.
- Markii ilmuhu ooyo waxa uu doonayaa inuu wax kuu sheego, markiiba afka ha u gelinin cinjirka, isku day inaad ogaatid waxa ay tabayaan marka hore.
- Xusuuso, barashada hadalka ma sahlana, ilmuhu waxay u baahan yihiin waqti inay la qabsadaan hadalka. Cinjirku waxa uu ilmaha ka hor istaagayaa inay kula hadlaan taasoo ilmaha laga rabo si ay hadalka u bartaan.
- Haddii canuggu weli isticmaalo cinjir u sheeg inay afka ka bixiyaan ka hor inta aadan wada-hadlin.
- Cinjirka ha dhexgelinin wax macaan. Taasi ilkaha ayey ka qurmin kartaa.

Quick tips may be photocopied. For more information visit [www.talktoyourbaby.org.uk](http://www.talktoyourbaby.org.uk)  
Talk To Your Baby is an initiative of the National Literacy Trust.