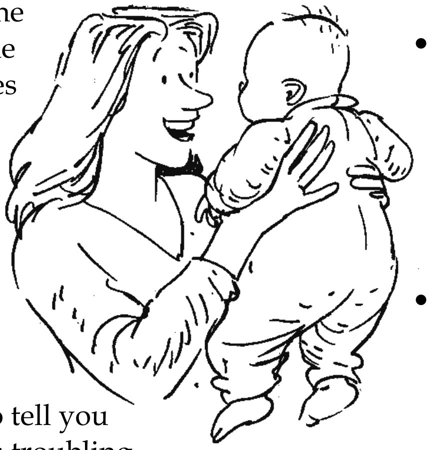
Dummies and talking

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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Dymi a siarad

Mae babanod yn hoffi sugno, felly gall dymi fod yn gysur amser gwely neu pan fydd eich babi wedi blino neu'n flin. Ond gall defnyddio dymi'n rheolaidd ac am gyfnod hir greu problemau gyda lleferydd eich plentyn.

- Ceisiwch gael eich plentyn i roi'r gorau i ddefnyddio dymi, erbyn iddo fod yn flwydd oed, os oes modd.
- Rhowch i'r dymi yn gyfan gwbl – ceisiwch gael gwared ar ni dros benwythnos, neu ar adeg pan fydd gennych gymorth. Dydy'r rhan fwyaf o fabanod ddim yn anniddig am fwy na dau neu dri diwrnod.
- Mae dymi yn atal babanod rhag parablu – sy'n gam pwysig wrth ddysgu siarad, felly, defnyddiwch y dymi ar adegau penodol yn unig, fel amser gwely.
- Pan fydd eich babi'n crio, mae'n ceisio dweud rhywbeth wrthych, felly, ceisiwch ddarganfod beth sy'n ei boeni yn gyntaf, a defnyddiwch y dymi fel y dewis olaf.
- Cofiwch, gall dysgu siarad fod yn ddyrys, felly, mae angen llawer o ymarfer ar blant bach. Ni fydd dymi yn annog eich plentyn i sgwrsio â chi, sy'n rhywbeth y mae angen ei wneud i ddatblygu ei sgiliau iaith.
- Os yw'ch plentyn bach yn dal i ddefnyddio dymi, gofynnwch iddo ei dynnu allan bob amser cyn i chi siarad â'ch gilydd.
- Peidiwch byth â rhoi dymi eich babi mewn unrhyw beth melys. Gall hyn achosi pydredd dannedd.

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National Literacy Trust

Talk To Your Baby