

Giving up the dummy

Experts recommend that you ditch the dummy by your baby's first birthday. If your toddler has other ideas, these tried-and-tested techniques from parents may make dummy-weaning easier.



Take it away slowly

"My son used to suck his dummy pretty much all day, so I decided to wean him off it gradually. At first, I just let him have it at night-time and during naps. Then I moved down to only every other night for a week, before taking them away completely. After a couple of sleepless nights he was fine. I think that because he knew he could live without a dummy during the day, it eventually made it easier for him to give it up altogether."

"I didn't have the nerve to just take my little boy's dummies away all in one go, so I started by limiting them to bedtime. After a week of this, I started slipping into his room at night and taking his dummy out of his mouth. He'd grumble a little bit but then fall back to sleep. Once he knew he could settle without it, it was so much easier to get rid of the dummies for good."



Go cold turkey

"A couple of weeks before my son's third birthday, I told him that after his party it would be time to give up his dummy. He was so tired after all the celebrations that at bedtime he just handed it over and went to sleep. He only asked for it a couple of times after that, and I just explained that big boys don't need dummies."

"My daughter was completely addicted to her dummies. I knew the only way she would give them up was if I hid them. She did search high and low for about a day, but soon got bored, especially when I distracted her with a new toy she'd had her eye on for a while."

"One day, when my son was nearly two, I was looking everywhere for the dummy he'd mislaid. After about 10 minutes I thought to myself, 'Why am I doing this?'. I had been fed up of being a slave to that thing for ages and it seemed like a perfect opportunity to 'lose it' for good, so I did! Whenever my son asked me for it, I would just say I couldn't find it but that he could look if he wanted to. He quickly got bored of that though."



Leave it for the Dummy Fairy

"I didn't want to take the blame for my toddler being without her dummies, so I told her all about the Dummy Fairy. I explained that if she left her dummies under her pillow, the fairy would take them away and leave behind the doll she'd liked in the toy shop recently. She was so excited about getting the new doll that she happily did as I asked. Bye-bye dummies!"

"I told my son that the Dummy Fairy needed his dummies to give to the new babies in the world who didn't have one. He loved the idea and happily left them by the front door for the fairy to whisk away. What a selfless little boy I have!"

"My daughter refused to give up her dummies, and would throw a massive tantrum whenever I tried to take them away. However, when it was the Dummy Fairy who wanted them in exchange for a present it was a whole other story. She happily rounded them up herself and left them at the foot of her bed. She woke up to find they'd been replaced with a pink fairy doll and she couldn't have been happier!"



Read books about it

"My daughter was not going to give up her dummy easily. So when I found the book **I Want My Dummy** by Tony Ross in the library, it seemed like reading it to her would be the perfect way to get her on board. And it worked! She could really relate to the stubborn little princess in the story, who didn't want to lose her dummy but eventually realised she could live without it."

"I thought reading to my son about getting rid of dummies would be a good way to introduce the idea. I picked up a copy of **The last noo-noo** by Jill Murphy and my son just fell in love with the main character, a monster called Marlon. A few days later, I told him it was time to give up his dummy because he's a big boy now, and he just replied, 'Like Marlon', and accepted it."



For more information visit:

<http://www.babycentre.co.uk/a1041476/parents-tips-giving-up-the-dummy#ixzz3oLUjVKhy>