

# Use of Dummies



## Grass Roots Nursery Group: Dummy Use

### Purpose:

To outline the nursery's approach to dummy use, balancing the potential benefits with the potential impact on a child's development.

### Key Principles:

- **Individualised Approach:** We will consider each child's individual needs and preferences regarding dummy use.
- **Gradual Discouragement:** We will gradually discourage dummy use during waking hours, supporting children and families in the process.
- **Safe Practices:** We will implement safe practices to prevent the spread of germs and ensure the cleanliness of dummies.

### Procedures:

1. **Discussion with Parents:**
  - Discuss the use of dummies with parents during the initial settling-in process.
  - Consider the child's age, stage of development, and individual needs.
  - Develop an individualised plan for dummy use, if applicable.
2. **Limited Use:**
  - Allow dummies only when necessary for comfort, such as during upsetting situations or as part of the sleep routine.
  - Discourage dummy use during waking hours.
3. **Hygiene Practices:**
  - Ensure dummies are cleaned and sterilised regularly.
  - Prevent the spread of germs by following proper hygiene practices.
4. **Discouraging Dummy Use:**
  - Offer alternative methods of comfort, such as toys, blankets, or cuddling.
  - Distract the child with engaging activities.
  - Explain the reasons for discouraging dummy use in an age-appropriate manner.
5. **Parental Support:**
  - Provide support and advice to parents on discouraging dummy use at home.
  - Suggest weaning strategies when appropriate.

### Additional Considerations:

- **Speech and Language Development:** Monitor the child's speech and language development to assess any potential impact of dummy use.
- **Dental Health:** Consider the potential impact of dummy use on dental health and consult with a dentist if necessary.
- **Individual Needs:** Respect individual differences and adjust the approach to dummy use accordingly.

**By following these procedures, we aim to support children and families in making informed decisions about dummy use while promoting healthy development.**