



Giving Up My Dummy



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My name is and I am years old.

My school is called .



Giving Up My Dummy

When I was born, my mummy and daddy/carers gave me a dummy. I would suck on the dummy and this would help me to feel calm, especially if I could not sleep or was upset.

It is OK for babies and toddlers to have a dummy.



Giving Up My Dummy

Having a dummy when you are more than one year old can cause some difficulties.



It may cause ear infections.



It may cause teeth problems.



It may cause speech problems.

Giving up my dummy may be hard.

This is OK as my mummy and daddy/carers are going to help me.



Some children give their dummy up for a blanket or a special toy.

Some children give their dummy to the dummy fairy.

Some children give their dummy to Santa.

My mummy and daddy/carers will talk with me and we will decide the best way to give up my dummy. Giving up my dummy will be OK.

I am going to try to give up my dummy.

This will make my parents and my teachers happy.

I will try my best and this will make them proud.

