

Health and Wellbeing

Dummy Policy

Statutory Framework for the Early Years Foundation Stage

Quote Reference: 3:44

'The provider must promote the good health of children attending the setting'

Purpose of the Policy

The purpose of the policy is to ensure parents/carers are clear on when and how dummies will be used in the Family Centre's. The policy also gives guidance on the impact dummy use can have on a child's development.

We Aim to:

- Raise parents/carers awareness of the positive and negative impact dummies can have on a child's development.
- Support parent's wishes regarding suitable dummy use for children under 12 months

Guidance

The Family Centre will work closely with parents/carers regarding their choices for their child. We recognise that some babies and young children may have a dummy at home. We are mindful therefore, that the use of dummies needs to take place sensitively and appropriately to best meet the needs of the child and promote the benefits, whilst at the same time preventing problems which may arise from overuse.

There is some research which suggests that dummies may help reduce the risk of sudden infant death syndrome if a child is given one at the start of sleep periods. Some reasons suggested for this are:-

- The bulky external handle of the dummy may help keep baby's nose and mouth clear of covers and soft bedding, and the sucking action may help improve the way a baby controls their upper airway.
- Use of a dummy may affect the sleeping position of a baby in a positive way i.e. stops it rolling onto its front.

Policy Review: 28.2.2019

Policy Approved by: ECS, Senior Management Team

Policy Issue Date: 1.4.2019

Next Review Date: April 2020

Version 19//20

- There is some research that shows using a dummy may keep the baby in a state of greater arousal so they could be less likely to suffer from breathing or heart problems whilst asleep.

Further research suggests the negative impact of dummies includes:

- They can affect the positioning of the teeth causing the top and bottom teeth not to meet properly.
- They can cause long term dribbling as the child breaths through their mouth rather than their nose.
- They can prevent use of the full range of tongue movements that are necessary for making all the speech sounds.
- Overuse can delay talking as there are fewer opportunities for the child to babble and communicate.

What you should do

- Discuss your wishes regarding dummy use with Family Centre staff
- Limit the use of a dummy at home to times when it is needed to comfort your child i.e. don't allow children to walk round with a dummy most of the day.
- When dropping off and collecting your child do not give your child a dummy unless they are upset.

What we will do:

- We will support Parents/Carers to follow an appropriate dummy routine
- We will allow children to have their dummy at times when they are distressed or as they are settling down to sleep.
- Discuss with parents/carers when a child's dependence on a dummy is affecting their development.
- Provide hygienic storage for dummies and ensure children receive their own dummy at appropriate times
- Remove the dummy when children are awake or their distress has passed
- Support parents/carers to reduce/discontinue the use of a dummy.