



Ditch the Dummy



For Christmas

Why?

Research shows dummies or bottles can cause the following problems:

Teeth:

incorrect positioning of teeth so that the bottom and top teeth at the front don't meet properly
tooth decay (especially the front teeth)

Mouth breathing:

your child may tend to breathe through their mouth rather than their nose. This is often linked to long-term dribbling

Speech and language problems:

your child may not use the full range of tongue movements that are necessary for making all the speech sounds your child has fewer opportunities to babble and use sounds to communicate with you
much higher risk of acquiring speech sound difficulties

How?

We have asked for the help of.....



Father Christmas

He will be bringing his
'Magic Box'

to the children's Christmas party so that children can
"give their dummies or bottles to Father Christmas"

Why not encourage your child to join in and....

Ditch the Dummy for Christmas!

Let Brown Bear staff know if you want your child to take part and we will give encouragement too