

DUMMY INDEPENDANCE....

How to manage your little ones Dummy habits.



**HAVE YOU TRIED GLOW IN
THE DARK DUMMIES??**

**THESE MAM ONES ARE A
GAME-CHANGER AT
NIGHTTIME.**

From about eight months of age, most babies can learn to put their own dummies in. This can be good if your baby needs the dummy to fall asleep, or needs your help to put the dummy back in when it falls out during the night. Here's how to help your baby manage their own dummy:

- When you put your baby to bed, put your baby's hand onto the dummy. Then guide the dummy into their mouth.
- Every time you have to put the dummy back in, make sure you put your baby's hand onto the dummy.
- Then guide the dummy into their mouth, making sure they keep a hand on it.
- It can take 3-4 nights or longer for babies to learn how to put the dummy back in by themselves.