



## 1. 4 Dummies and Comforters in the Nursery

At Creative Minds Nursery, we recognise that a dummy or comforter can be a source of comfort for a child who is settling and/or upset, and that it may often form part of a child's sleep routine.

As children get older, they need to learn to move their mouths in different ways, to smile, to blow bubbles, to make sounds, to chew food and eventually to talk. As children move their mouths and experiment with babbling sounds, they are learning to make the quick mouth movements needed for speech. The more practice they get the better their awareness of their mouths and the better their speech will be. The overuse of a dummy may restrict these movements from taking place and therefore can affect a child's language development.

To best promote social interaction and healthy use of children's dummies/comforters' staff at Creative Minds Nursery will:

- Discuss the use of dummies/comforters with parents as part of babies' individual care plans
- We allow dummies if a child is upset for comfort (for example if there are problems at home, they are new to the setting) and/or as part of their sleep routine
- Dummies/comforters will be kept in the child's individual bag/peg when not in use.
- If a dummy falls on the floor or is picked up by another child, this is cleaned immediately using just-boiled water.

When encouraging the reduction in use of dummies/comforter's staff will:

- Have a designated place for the dummies/comforter to be stored, which the child will be aware of
- Comfort the child and if age/stage appropriate explain why the dummy/comforter has been stored away in a sensitive and appropriate manner



- Distract children's attention with other activities and ensure they are settled before leaving them to play.
- Offer other methods of comfort such as reassurance and a cuddle.

The key person can also offer support and advice to parents who would like it, to help suggest ways in which the child can be weaned off their dummy/comforter at home (when appropriate).

Internal use only

<b>This policy was adopted on:</b>
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