



## **Dummies, Bottles and Cups Policy**

### Use of Dummies, Bottles and Cups Policy

At All Saints Wise Owls we recognise our role in enabling parents to be able to have the information and support available to them to be able to make effective and appropriate decisions about their parenting.

### Key Guiding Principles

- Our key drivers are to support children to have the optimum health and speech and language development outcomes.
- Our starting point will always be with the child and based upon our shared communication with parents and knowledge of the individual child.
- At all points our intention is to work sensitively with parents with the best possible outcomes for children based at the heart of our decisions and communication.

### Induction

- We will have a discussion with parents finding out what their child's current needs and preferences are for using a dummy, bottles or cups.
- We will share all relevant information and our D,B,C Policy with parents and make some initial agreement about possible ways forward through and beyond the induction and settling-in period which is responsive to parental wishes.

### Dummies

- On joining us a strategy will be discussed with the parent to enable a complete lack of dependence upon a dummy with the clear communication in place that we do not use them with a child at the setting other than with an action plan for weaning in place. Strategies used may include structured gradual removal, "cold turkey" or use of distractions.
- From when a child is 30 months old further weaning strategies may be agreed with the parent to include, the use of sticker charts, or negotiating specific times when they may be used. From this age we will be letting the child and parent know that the preschool is not a place for them to be using a dummy i.e. it may be left in a bag on a coat peg to give re-assurance. Parents will be encouraged to accept or provide an alternative comfort source for the child.

### Bottle

- On entry we will ensure that parents and children know that the use of bottles in pre-school is inappropriate. Speech and language therapists, dietitians and dentists recommend children to start using an open cup (no lid) from 6 months (when weaning or when able to sit up unsupported). Children who use open cups learn how to sip properly. Have healthier teeth and develop strong mouth muscles necessary to learn to talk.

### Cups

- On entry we will ensure that a shared, agreed and known strategy is in place with the parents to be able to enable the child to successfully use an open cup.
- The preschool will not provide any controlled-flow beakers to children of any age.
- From when a child is 30 months old we will introduce further strategies to support a child to use only an open cup for all drinks, which may include a sticker chart, suggesting buying a special cup together at home etc.

**Did you know?**

Children who don't use bottles and dummies long term:

- Have better appetites
- Are more likely to develop healthy mouth muscles needed for speech
- Are less likely to experience dental problems as their second teeth come through
- Are less likely to suffer from ear or throat infections and tummy upsets

*Taken from Bottles, Cups and Dummies handout, Let's Talk Screening Program*