

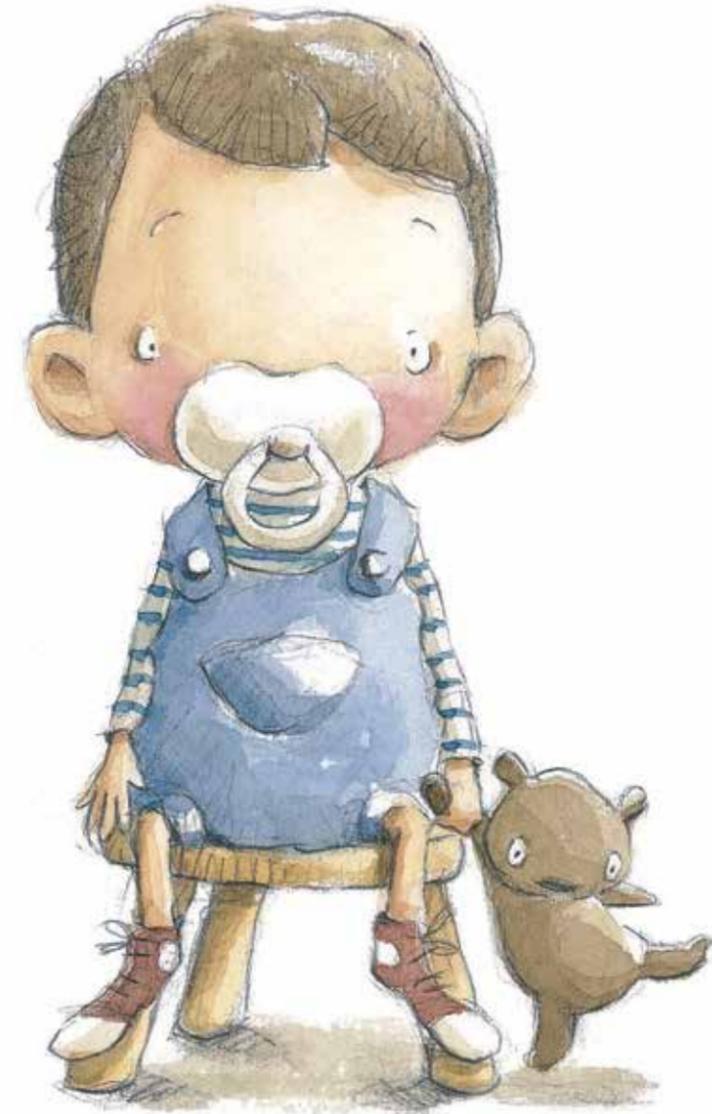
The Gang Series



# GOODBYE DUMMY

TEXT BY MERCÈ SEIX AND MERITXELL NOGUERA

ILLUSTRATIONS BY ROCIO BONILLA



# GOODBYE DUMMY

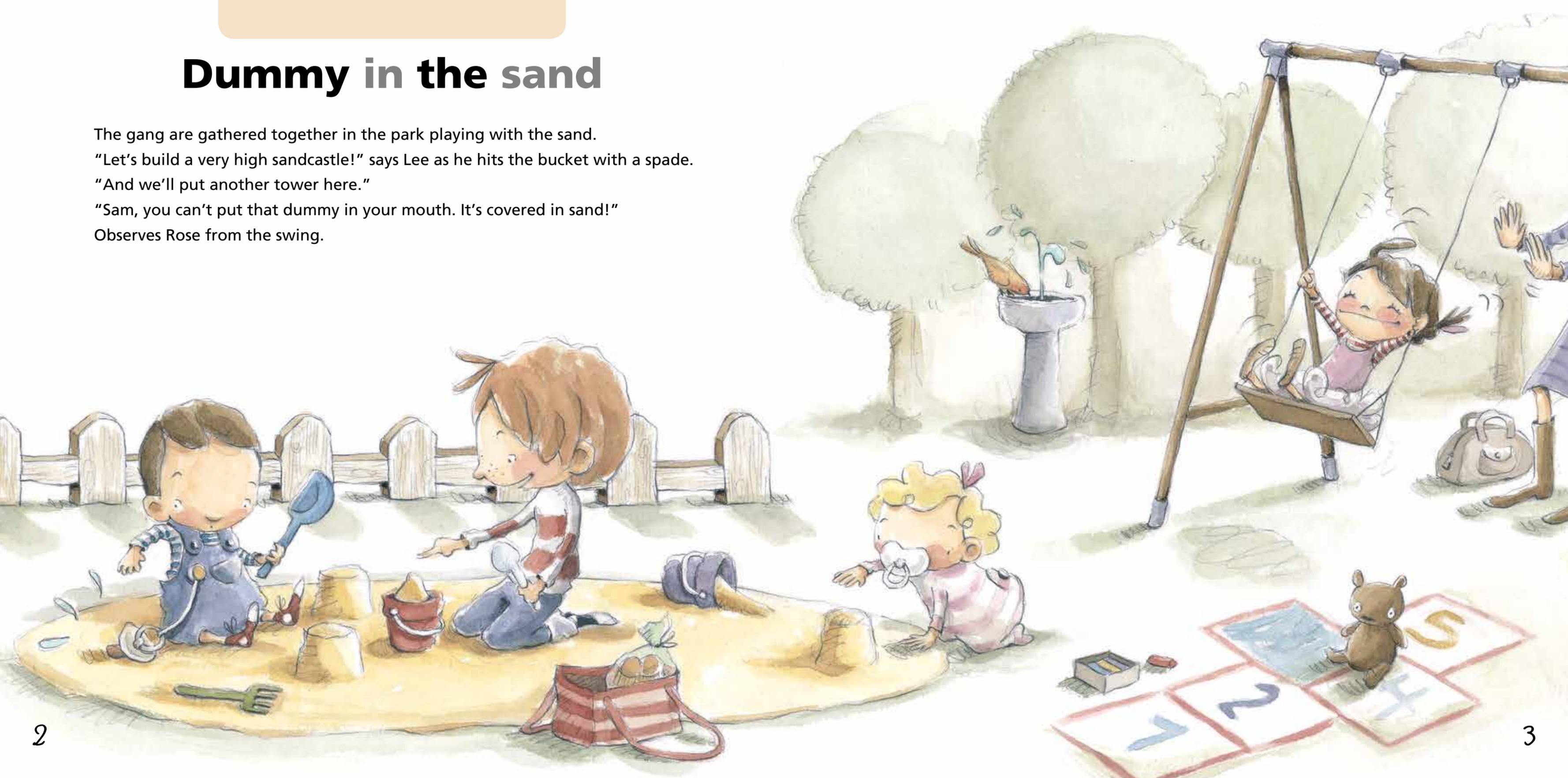
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# Dummy in the sand

The gang are gathered together in the park playing with the sand.  
"Let's build a very high sandcastle!" says Lee as he hits the bucket with a spade.  
"And we'll put another tower here."  
"Sam, you can't put that dummy in your mouth. It's covered in sand!"  
Observes Rose from the swing.



# Lunchtime!

Sitting around the table, the whole gang are waiting for mum and dad to serve lunch. They have played in the park a lot and they're starving.

"Mmm, I'm so hungry!" Exclaims Lee.

"I'm hungry too," says Rose. "Sam, why don't you go and wash your dummy and put it in your pocket? It's lunchtime..."



# My dummy!

Sam is giving up using the dummy the whole time. But sometimes, he asks for it...

"Waaah! I want my dummy..." Cries Sam inconsolably.

"Come on, Sam, stop crying and come and play with us," says Lee.

"Yes, we're going to throw the ball in the basket! It will be great fun!"

Rose encourages him.



# Plenty of distractions

Sam has had a very busy day: He has completed a very difficult brainteaser with mum, he's watched cartoons on the television with dad and Lee has taught him how to ride a bicycle.

He has forgotten about the dummy all day!



# The night fairy

Sam's mother has told him that he will soon have to give his dummy to the Night Fairy.

The Fairy collects all the boys and girls dummies when they grow up.

"And what will the Fairy do with so many dummies?" Asks Sam.

"I also gave my dummy to the Night Fairy, Sam" Rose explains to him.

"Other children need them and also puppies and kittens..."



# When I was little...

"I can't remember when I had a dummy now," explains Lee, "but I've seen photos of me when I was smaller with a dummy in my mouth.

And mum told me that sometimes I put it in my mouth even though it had fallen on the ground and it was dirty."

"Well, I can remember it," added Rose. "I loved to wet it with water and suck it. I spent all day putting the dummy under the tap!"

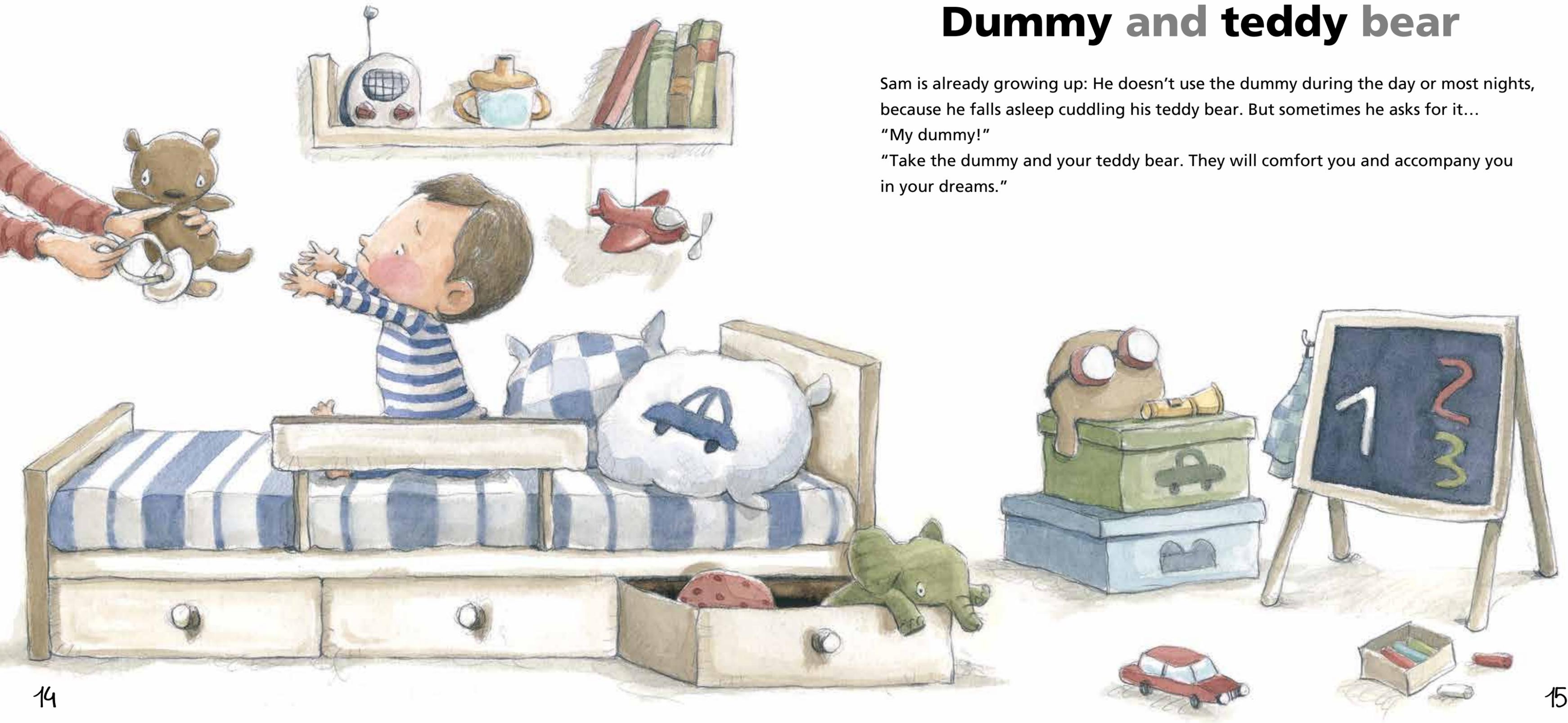


# Dummy and teddy bear

Sam is already growing up: He doesn't use the dummy during the day or most nights, because he falls asleep cuddling his teddy bear. But sometimes he asks for it...

"My dummy!"

"Take the dummy and your teddy bear. They will comfort you and accompany you in your dreams."



# At the creche

At the crèche, only a few of the older children have dummies for the afternoon sleep. It helps them to fall asleep. But when they get up, it's sometimes hard to convince them that they must let go of them.



# Sam gets angry

"Lucy has a dummy. I want one too," says Sam.

"Sam, Lucy is a baby..." Lee explains to him. "The older children don't have dummies and you are big now, like Rose and I."





## So many things!

An afternoon at the shopping centre can be very interesting and also very moving. There is so much to see!

"Plane!" points Sam very excited in front of a toy shop window.

"You're right, Sam. It's a great light aircraft!" admit Lee.

And both stay staring at it with their mouths wide open.

"Where is your dummy, Sam?" Notices Rose. "Have you lost it or did you leave it at home?"



# I'm sick

Sam has a fever and isn't feeling very well. He's crying, doesn't want to play and all he wants is to be cuddled. He's sick.

"Dummy!"

"Here you are, Sam. I don't think the Night Fairy would mind waiting a little bit longer to take your dummy away..."





## We dress up

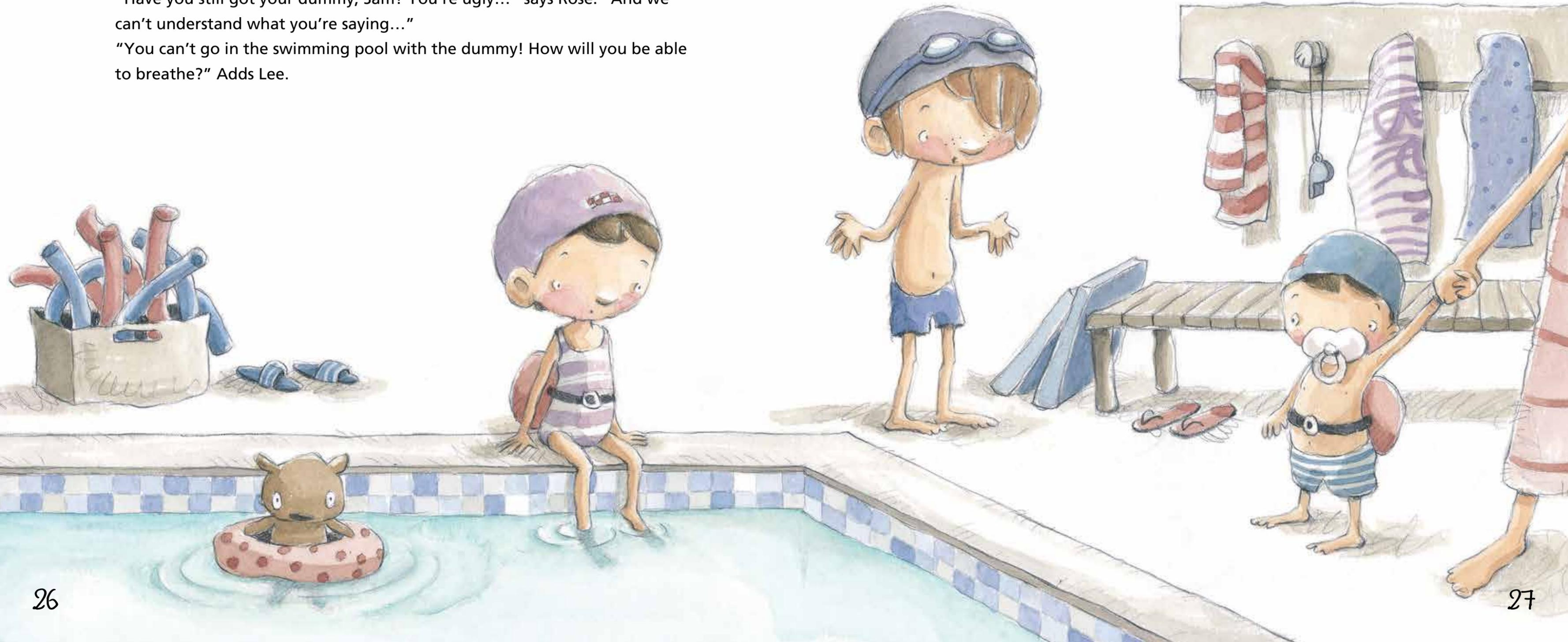
The whole gang is playing at dressing up in mum and dad's bedroom. It's such fun dressing up as superhero with a real cape!  
"Come here, Sam. I'll put a cape and mask on you," says Lee. "But why don't you take your dummy out of your mouth? Have you ever seen a superhero with a dummy?"



# You're ugly

"Have you still got your dummy, Sam? You're ugly..." says Rose. "And we can't understand what you're saying..."

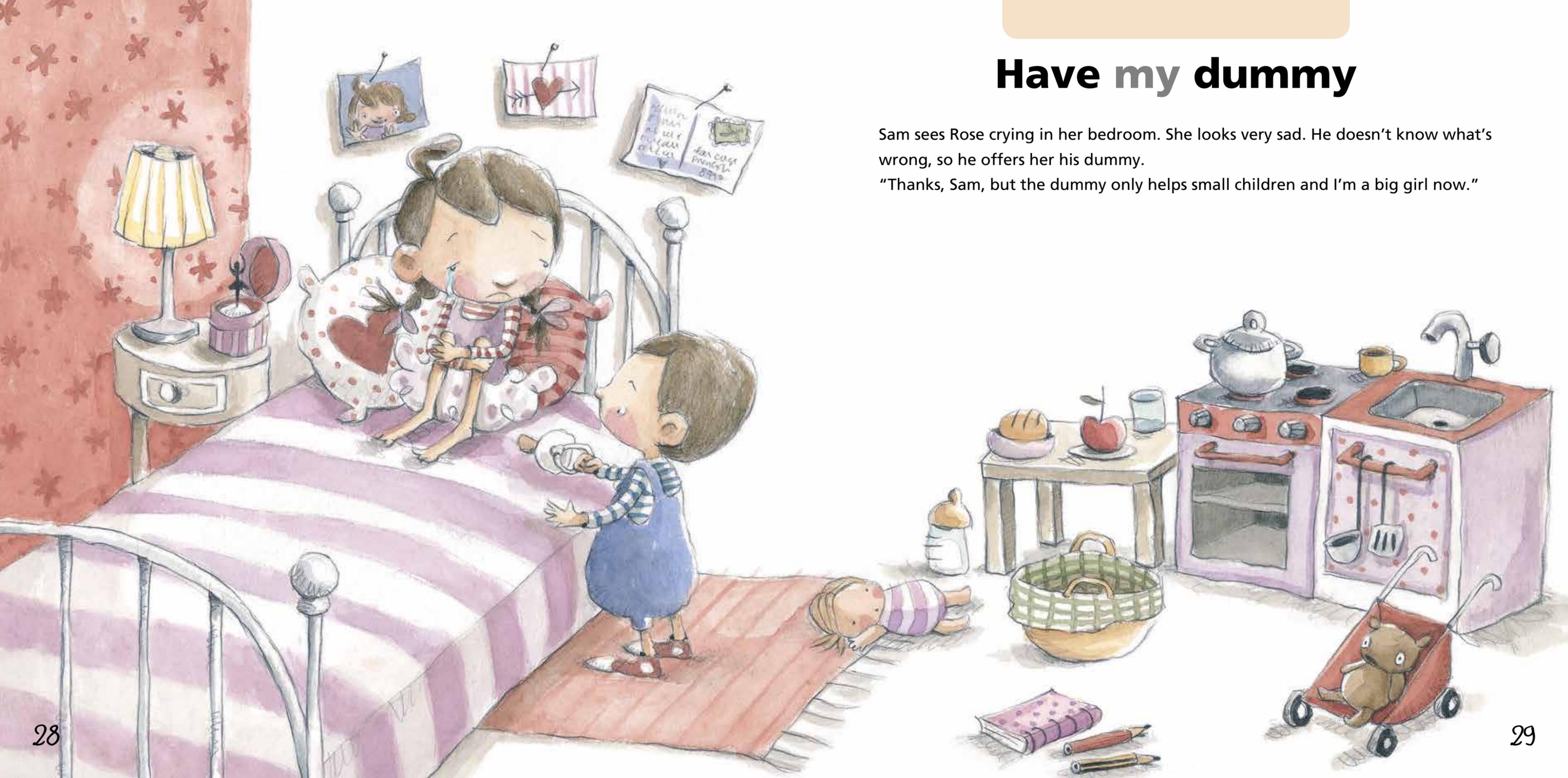
"You can't go in the swimming pool with the dummy! How will you be able to breathe?" Adds Lee.



# Have my dummy

Sam sees Rose crying in her bedroom. She looks very sad. He doesn't know what's wrong, so he offers her his dummy.

"Thanks, Sam, but the dummy only helps small children and I'm a big girl now."



# I'm big now!

"Hey Sam! You don't even take your dummy to bed with you now!  
Very good boy!" Encourages Lee.

"Do you know that I've never noticed before that you're a very handsome boy?"  
Says Rose, as she winks at him. "You have a very pretty smile!"



# Parents' guide

Before they are born, from about the fifth month of pregnancy, babies suck their fingers and thumbs. This is an instinctive action, which from birth becomes a voluntary activity that enables them to feed, but also to comfort themselves as it has a relaxing effect on them. The need to suck is more intense during the first months of life. Afterwards, at about two years old, putting objects into the mouth becomes a way of learning and discovering the world around them. For this reason, the best moment for starting to give up the dummy is about two years old, when the child has developed and matured enough to be able to find alternatives to the way of learning and the control of anxiety, insecurity and fear. If the child is deprived of the dummy too early, he may replace it with his thumb and as he always has it available, it will be much more difficult to stop him from putting it into his mouth. To determine whether the child is ready to give up the dummy, you should observe the following aspects:

- ✗ He amuses himself for a while playing.
- ✗ He does not need to stay continuously with the key adult person.
- ✗ He understands simple explanations.



## BEFORE STARTING

The parents should be convinced that the effort is worthwhile, as it implies improving the child's physical and emotional health.

Once the decision to give up the dummy has been made, you must remain firm. Be prepared to put up with his tantrums and don't give in, no matter how much he cries and begs.

If he is enrolled in a crèche, you should also tell the teacher in order to act together.

It is also important to choose the appropriate moment for the parents. A suitable period is usually during the holidays (if the child wakes up crying in the middle of the night and cannot get back to sleep without the dummy, sleepless nights will be more bearable). Similarly, it is convenient to seek the ideal moment for the child, who should not be experiencing a period of changes in his life that could generate anxiety (adaptation to the crèche, changing bedrooms, the arrival of a brother or sister, etc.).

Some parents prefer to take the dummy away from the child suddenly (one day, the dummy disappears forever). Here we recommend a gradual process: Initially, the child stops using the dummy for increasingly long periods during the day and once he has got accustomed to not using it during the day, get him used to not having the dummy at night.

You should never resort to punishment, humiliation or ridicule. Jokes, scolding and blackmail only serve to undermine the child's self-esteem, that is, they have the opposite effect to what the child needs to give up the dummy (being security and tranquility). It will be much more effective to strengthen positive behavior: Praise his achievements regularly and encourage his desire to grow up.

Before starting the process, it is a good idea to motivate the child to make an effort to attain the objective: Speak to him to convince him that he is big now and emphasize the fact that big children don't have dummies.

It is also advisable for the parents to be particularly affectionate with their children throughout the process, providing "extra" affection to calm the child down and thus replace the calming effect of the dummy.



## METHOD

- ✗ Tell him in good time, preparing him for the event. The child must know and understand that he will have to give up the dummy and how the process will take place.
- ✗ Listen to his reactions: Enable him to express his feelings and his fear of not being able to achieve it. Be aware that it is very important that he can count on his parents' understanding.
- ✗ Take the dummy away progressively: Start by restricting where and when he can use it (for example, in the car and at bedtime). He must get used to not having the dummy little by little. Gradually decrease the time and places where it is allowed until he only has it to go to bed. As soon as he has fallen asleep, it is advisable to remove the dummy from his mouth.
- ✗ Respect the pace of each child. It is important to be patient and to avoid comparing him with other children or older brothers and sisters. Nevertheless, you must persevere firmly once the decision has been made.
- ✗ Keep his hands occupied. Occasionally, the child uses the dummy when he is bored or doesn't know what to do. If he uses the dummy during the day, you can suggest an amusing activity and ask him to remove the dummy while he is playing, painting or concentrating on another task.
- ✗ Don't leave the dummy where the child can see it when the child is in the midst of giving it up. You should not hide it either, but rather place it out of his reach. The child should know that the dummy is kept in a pocket in an item of clothing on a high shelf, for instance.
- ✗ Don't forget to congratulate the child for his efforts and achievements.
- ✗ In order to be able to sleep without the dummy, you can teach him different ways to calm down. The dummy helps him to relax and so you should teach him different techniques for calming down, such as listening to soft music, singing a lullaby, reading a story, giving a massage... any act that helps him to relax and establish a routine.
- ✗ At night, you can offer the child a replacement, an object that he can have in bed with him and that makes him feel secure, such as a teddy bear.
- ✗ Invent a story about accidental loss of the dummy or follow preparatory rituals for the permanent disappearance of the dummy (see suggestions).



## SUGGESIONS FOR GIVING UP THE DUMMY

(stories used by other parents).

- ✗ You can leave it under the pillow and the next morning, explain that the Night Fairy or Pixie has taken it away, leaving a small present for the child in its place.
- ✗ Take advantage of Christmas to give the dummy to Father Christmas or to the Three Wise Kings.
- ✗ On his birthday, as he is grown up now, you can encourage him to throw it away on the same day.
- ✗ If anybody nearby has a cat or dog litter, you could give it to the young, using the excuse that they are babies.
- ✗ Give it to the baby of somebody you know, with the explanation that he/she needs it more.
- ✗ Decide that the dummy is lost and cannot be found. The dummy could be "left behind" on holiday or "lost" in the street.
- ✗ Cut the dummy in several places so that the child finds it unpleasant to suck.
- ✗ Place a few drops of vinegar or lemon juice or an edible substance with an unpleasant taste on it so that the child rejects the dummy himself.

## PHYSICAL CONSEQUENCES OF USING THE DUMMY FOR TOO LONG

If the child continues using the dummy at the age of four years, you should consult a specialist to prevent the malformation of the mouth, because in the long term, its continued use can result in a condition called "open bite" (when the mouth is closed, a space remains between the upper and lower teeth). A deformation of the dentures can affect the correct pronunciation of phonemes and the child will not be able to speak properly.

## DID YOU KNOW THAT...?

It has been proven that the dummy has an analgesic effect during minor operations. When a small child must be admitted to hospital or subjected to painful medical tests, he can calm down and relax by using the dummy.





The Gang Series

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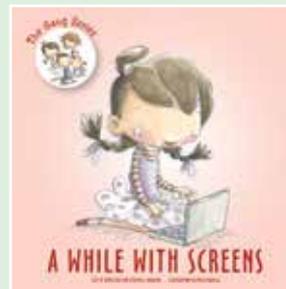
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**Titles In This Series:**

- **A WHILE WITH SCREENS**
- **NO MORE NAPPIES**
- **ALWAYS CLEAN**



Sam has to learn to stop using his dummy. It's difficult to convince him, which is why they tell him that he must hand it over to the Night Fairy, just like Rose and Lee did a long time ago... It will be hard, but if the whole gang is united, Sam will be able to overcome this challenge.

# GOODBYE DUMMY

**This book includes:**

- ✗ A story about the gang to have fun with the family.
- ✗ Everyday situations that boys and girls can relate to.
- ✗ An amusing game to find the teddy bear in every drawing to keep the child's attention and develop observation skills.
- ✗ A guide for parents with advices, tricks and recommendations.

