

## What is the course about?

Interested in learning when to stop using a dummy? On this short adult course, you'll learn how to support your child to move away from using a dummy.

Taught at Winsford Adult College, this course forms part of a wider under 5s parent programme, delivered in a supportive and non-judgemental environment to help build confidence and strengthen parenting skills.

## Why should I choose the course?

This 'Ditch the Dummy' course is part of a series of sessions to support parent and carers with children under 5. These supportive sessions are designed for parents and carers who want to build confidence and gain practical skills to support their child's development at home.

## What will I learn?

During this short course, you will learn:

- How dummy use can impact your child's speech, teeth, and development
- When to stop using a dummy
- Strategies to remove a dummy
- How to manage comfort and routines.

The sessions are delivered in a relaxed, supportive environment.

## What will the course lead on to?

This course will help you feel confident and supported as you guide your child through moving away from a dummy.

By understanding the impact of dummy use and learning positive, gentle strategies to reduce reliance, you'll be better equipped to tackle ditching the dummy.

## Why should I choose to study the course at Warrington & Vale Royal College?



This course is delivered by experienced early years professionals in a friendly and supportive setting, helping parents and carers feel confident in applying strategies at home to support their child's development.

## What are the entry requirements?

There are no formal entry requirements for this course. If you are a parent or carer of a child under 5, this course is suitable for you. Contact our friendly Learner Services Team on 01925 494 400 or [learner.services@wvr.ac.uk](mailto:learner.services@wvr.ac.uk) to learn more.



**Warrington  
& Vale Royal  
College**

Warrington Campus  
Winwick Rd, Warrington WA2 8QA

 [wvr.ac.uk](http://wvr.ac.uk)

 01925 494 494

Winsford campus  
Weaver St, Winsford CW7 4AH

 [learner.services@wvr.ac.uk](mailto:learner.services@wvr.ac.uk)