

# Giving up the thumbs.

## POSITIVE WAYS TO MODIFY THUMBSUCKING BEHAVIOR IN CHILDREN OLDER THAN 5.

1. Come up with a reward to give your child after 60 days of being thumb-free.
2. Get a box of star stickers.
3. Use the chart on the back to mark your child's success. Put the chart somewhere your kid can see it and that you can celebrate together.
4. Let your child place a star sticker in each square if he/she has not sucked their thumb in the past 24 hours.
5. Most children suck their thumbs at bedtime, so parents and guardians, check on your child as they drift off to sleep.
6. If you find your child sucking their thumb at night, the "secret" is to wake the child up and inform them they can't get their star the next day. So you can take a day off, but you don't need to break the streak.
7. The normal habit should discontinue in 14 days. Go the whole 60 to reinforce the goal.
8. Celebrate 60 days of being thumb free by awarding the prize.


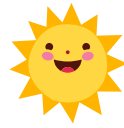






### Put a stop to thumbsucking. (And nail biting.)

Try Mavala Stop, a clear, nail polish with a bitter taste that will help your kids keep their fingers out of their mouths.

Find other great pediatric dental tips at [sproutdental.com](http://sproutdental.com)

# Give up the thumbs!

60 days of being thumb-free gets \_\_\_\_\_ a

|   |   |   |                               |              |   |   |
|---|---|---|-------------------------------|--------------|---|---|
|  | Up and at it!!!   |   | Hard part is starting.        |              |  | Stay consistent.  |
|   |  | Keep moooving.  |                               | Way to go!!! |   |   |
|   |   |  | Giddyup partner.              |              |   |  |
| Worm on the street is...  | you got this!   |   | <i>Growing Healthy Smiles</i> |              |  | Some bunny's awesome.   |
|   |  | Slow and steady.  |                               | Keep it up.  |  |   |

|   |   |   |   |  |   |   |
|---|---|---|---|--|---|---|
|   |  | Do(e)n't give up.   |   |  | No baaaaad days!  |   |
|   |   |  | Cheering you on.  |  |   |   |
|  | Gobble the victory.   |   |  |  |  | Days are flying.  |
|   |   |  | Oinky a few more days.  |  |   |   |
|   | Almost there.   | You can do it.  | Don't give up.  | No more thumbs!  | One more day to hooray!   |  |

