

Thumb and Finger Sucking



My child sucks her thumb – is this normal?

Thumb and finger sucking is a healthy, normal and natural habit for very young children. It is soothing and helps them to cope with different situations and feelings such as:

- Boredom
- Loneliness
- Worry
- Stress

Thumb-sucking is common for children up to the age of four. After four, it can affect the positioning of the permanent teeth. If this habit continues, consult your dentist.

Tips to help your child to stop thumb or finger sucking

- Be positive and emotionally supportive.
- Give your child attention and understanding.
- Try to control daytime sucking first.
- Use a glove, sock or finger guard to cover the finger or thumb.
- Place a band-aid on the finger or thumb to remind your child not to suck.
- Remove any security blankets or toys that your child may associate with finger or thumb-sucking.
- Offer rewards like a star on a chart or an extra story.
- Praise your child when successful.

Contact your oral health professional for further support.

For more information about oral health, please visit
halton.ca/oralhealth