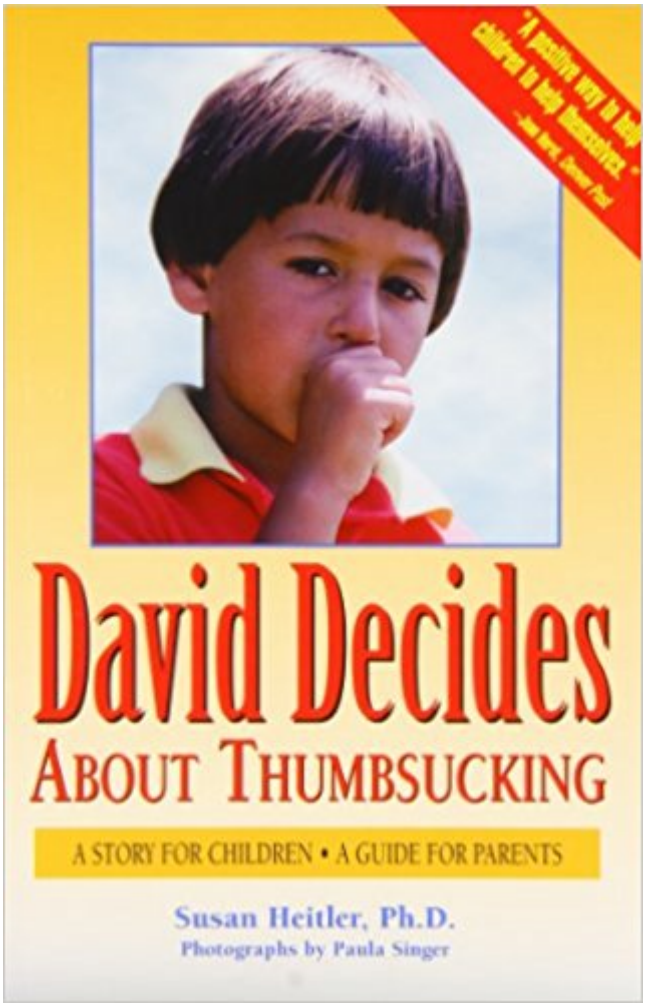
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David Decides About Thumbsucking: A Story For Children, A Guide For Parents



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Synopsis

Five-year-old David sucks his thumb. His parents say it’s time to stop. David is mad; his thumb feels good in his mouth. He talks with his sister, and then his brother. He asks them why they decided to end their sucking habits and how they stopped. Then, David decides. The Parent Guide addresses myths and realities about thumbsucking. Do sucking habits make children less self-confident or more? Does thumbsucking really impact children’s teeth and facial appearance? Can stopping sucking habits harm children emotionally? What are the keys to success in helping children end sucking habits?

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Customer Reviews

Five-year-old David sucks his thumb. His parents say it’s time to stop. David is mad; his thumb feels good in his mouth. He talks with his sister, and then his brother. He asks them why they decided to end their sucking habits and how they stopped. Then, David decides. The Parent Guide addresses myths and realities about thumbsucking. Do sucking habits make children less self-confident or more? Does thumbsucking really impact children’s teeth and facial appearance? Can stopping sucking habits harm children emotionally? What are the keys to success in helping children end sucking habits?

My son is 6 years old, he’s just coming to the end of kindergarten. He has been sucking his pointer and middle finger since he was a baby. I’d tried all different tactics over the past 2 years 1)Verbal

reminders 2)nasty flavoring 3)Duck-tape 4)not mentioning it to him 5)sock on hand at night 6)therapy and more. A month before we got this book was when kids started saying things to him. Not mean stuff they would just ask him why he did it and he'd say it was a bad habit. I think kids have been taught to be so accepting these days that none of them would ever make him feel bad about doing it.He finally started expressing to me that he was annoyed that everyone kept asking him about it. So I jumped on and checked book reviews. I found this book. We are now on day four of no finger sucking.We've been cutting band-aids in half and placing them on the top portion of his fingers to remind him not to suck them. This way his fingers can still bend.It was good that we ordered the book because I told him we were getting it and what it was about. He anxiously waited for it to come. Reading it was key. I think the way David talks about his feelings about sucking was very relate-able to my child. He starts with a question like: did you ever want to stop doing something that you really like to do? As soon as my son heard that he was hooked. He also came up with his own reasons for why he does it and his own reason for quitting. We also looked at David's before and after pictures a bunch. First page he looks sad/confused last page he looks happy/content.My son had told me that he was nervous that if he stopped sucking fingers that his personality might change. I think David showed him that he could do it and that he would be the same sweet kid after.

Was a good story that my son related to, but at the end he said, "You know I will never stop sucking my thumb, right?"

Purchased for my grandson. The story is good and makes sense. I can only hope that he will in time follow through. He is only 4 and not ready to stop yet. But it does help to read this information from doctors.

I have been a clinical orthodontist/dentist since 1988. Influencing a patient with thumb/finger sucking habits (blanket and pacifiers as well) is quite challenging. My job is to try to help the patient stop their habit in a non-invasive manner, when possible. Using this book, along with some personal counseling, over 95% of my patients have stopped their habit within 3 months. I follow these patients for a year, and the cessation is complete. This is a remarkable success rate when compared to the rates listed in the literature. The patient's parents are out no money (they borrow a copy of the book from me), and thousands of dollars in orthodontic treatment due to flared upper front teeth ("buck teeth") can be avoided. Aren't braces needed to bring the upper front teeth back

into alignment? Most of the time, no. The backward resting pressure of the upper lip alone tends to bring the incisors back into a good archform. Technical note: If the child has a "Class II" bite, then orthodontic treatment may be needed in the future. Incidentally, the flaring of the front teeth caused by a sucking habit increases the risk of fracture of these teeth during a sporting accident or fall. This is another reason to stop the habit. Do yourself a big favor and buy this book if your child has this type of oral habit.

Our 4.5 year old had us read it to him a few times, then declared he was quitting. We asked him how he wanted to do it and he picked a few ideas from the book, with the chart being his main motivation and a band-aid on his thumb as a reminder. It’s been over a month now and he’s still doing great.

This book was recommended by our pediatric dentist. My son is 4 and half years old. We read the book for the first time last night and it really got my son thinking about quitting the habit! He wanted me to read it again and again! I really like that the book has a parent section. It was very educational for adults. It gives excellent suggestions and different ideas on helping a child quit the thumb sucking habit.

At least the author lets the reader know about the potential damage thumb-sucking can do to a child’s teeth development.

My son likes this book as he could relate to David. I thought it was ok, all the kids in it had really bad teeth as if to dramatize that potential in the thumb/finger sucking world. It is dated but does encourage the kids participating in all aspects of their stopping the habit, which is a great thing. It was helpful but would not be my only aid in helping our child stop this habit.

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