



FINGER/THUMBSUCKING HABIT

GENERAL INFORMATION

- Critical age to stop is age 5 (before eruption of the permanent front teeth).
- The BEST, most successful technique, is positive reinforcement technique.
- Sometimes, children need reminders (Mavala Stop and Thumb/Finger Guard).
- For any technique to be successful there has to be some will, on the part of the child, to want to stop.

POSITIVE REINFORCEMENT TECHNIQUE

- Talk to child why stopping the habit is good for them and how it can negatively affect their smile.
- For this technique, the child must be old enough to understand the idea of delayed gratification.
- Have a large calendar and stickers available.
- If they are able to not suck the thumb or finger they receive a sticker for that day.
- When they accumulate a certain number of stickers they receive a small prize. Then repeat.
- Begin with daytime habit first, then tackle the night time habit.
- As a further incentive if child stops sucking habit for 3 months the child is to call and speak with one of our doctors and tell them of their accomplishment. We will appoint a time for the child to come in and receive a certificate and age appropriate gift (a special prize).

MAVALA STOP TECHNIQUE

- Explain to child that this technique is not a punishment but rather a reminder.
- Mavala Stop is a transparent polish that has a distinct bitter taste.
- Place one coat of polish on the thumb/finger being used for the habit, let dry for one minute.
- Apply daily.
- Can be removed at any time with traditional nail polish remover.
- Generally, it takes 30 days to break a habit.
- Mavala Stop can be ordered online at: <http://www.amazon.com>

THUMB/FINGER GUARD TECHNIQUE

- Explain to child that this technique is not a punishment but rather a reminder.
- Thumb/Finger Guard is an extra-oral device that prevents child from creating a suction effect around their thumb/finger.
- This device is used to primarily deter the nighttime habit.
- Place device, as instructed, prior to bedtime routine (before child is sleepy and starting habit).
- Continue until all straps are finished.
- Device for the thumb or finger guard can be ordered online at: <http://tguard.com/>

Please contact the office if you have any questions or concerns!

www.childrensdentistnh.com

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