

# Thumb Sucking

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**Thumb Sucking.** Parents are distressed by it. Children can suffer harmful effects as a result of it. *T'zuna Bria Speech & Feeding Services* wants to help! Services are available to assist children (five years and older) and adults in eliminating the habit in a positive, non-threatening manner.

Oral sucking (thumb, finger, tongue) and nail biting habits cannot only cause problems with hygiene and social implications, but there are also dental aspects that need to be considered. Excessive sucking of the thumb, finger, tongue and/or nail biting habits can create many oral and facial myofunctional problems related to the relationship of the jaw and teeth, and may interfere with normal patterns of dental eruption and alignment. Speech and swallowing problems can result, and appearance can be affected.

Therapy to eliminate oral sucking habits focuses on ways to motivate children and adults to WANT to bring these habits under control. The key to therapy is getting the individual to take responsibility for changing the behavior and help the family maintain a positive atmosphere throughout the process. What works well for one child may not work for another. That's why it is important that parents take an active role. By working with the therapist, parents learn positive reinforcement techniques to help keep the child motivated and active in the program.

**Let's work together to eliminate thumb sucking! - Call today for an evaluation and to learn more information about our therapy program.**

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## Healthy Eating Books for Children

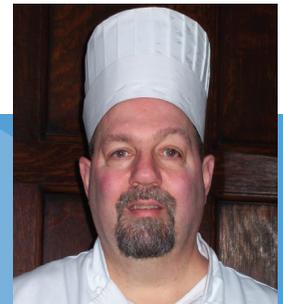
*T'zuna Bria Speech & Feeding Services* recently teamed up with Dr. Celia Padron, pediatric gastroenterologist, and Rose Payne, Certified Health Coach, to publish a series of four children's books that address healthy eating habits. This book series is an excellent teaching tool that facilitates the treatment of numerous GI issues.

Designed for the four- to eight-year old age group who desperately need to change their eating patterns, the books are colorful, child-friendly and informative. The first two titles include a coloring book that features the main characters in both books allowing children to review the story in a kid-friendly manner. The third book focuses on the importance of regular bowel movements, which has been very helpful for many young patients struggling with chronic constipation. The fourth book explains the food/mood connection of eating processed foods high in sugar and the negative results that may occur in the child's everyday life.

Many GI problems can be easily resolved once children and parents are given a better understanding of how the foods they eat can contribute to their poor growth and development and might also be the cause of a host of disorders including: reflux, chronic congestion, constipation and learning disorders, to name a few.

*This informative series of books can be ordered from our office (20% discount when you mention this article), [diannelazer.com](http://diannelazer.com) or [amazon.com](http://amazon.com).*

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