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**FACULTY OF NURSING**

# **THUMB SUCKING**



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## **DEFINITION**

Thumb sucking is defined as non-nutritive sucking of fingers or thumb.

## **AGE OF OCCURANCE**

- ❖ It is common in oral stage (0-1year).
- ❖ This usually decreases after the age of 6 months.
- ❖ Most of the children stop thumbing sucking between 3-6 years of age.

# **CAUSES OF THUMB SUCKING**

## **1. Parental causes-**

- a) over protection by parents
- b) Neglect by parents
- c) Strictness of parents
- d) Disharmony between parents

## **2. Due to teachers-**

- a) Excessive strictness
- b) Excessive punitive attitude of teachers

### **3. Due to siblings and friends-**

- a) Excessive competition
- b) Separation from close friend or sibling

### **4. Other causes-**

- a) Loneliness and boredom
- b) Tiredness
- c) Frustration and anxiety
- d) Separation from parents

# **PROBLEMS CAUSES BY THUMB SUCKING**

- Thumb sucking in children younger than 4 is not a problem, but if it continues upto 5 year or above. It indicates presence of an emotional problem.
- Prolonged thumb sucking may lead to dental problems.
- The child develop speech problems like mispronouncing 'T' and alphabet 'D'.

# MANAGEMENT

Following measures should be adopted by parents:

## DO's:-

- Divert the child's attention. Engage him in play activities.
- Kept busy in some interesting activities like- drawing.
- Offer praise and reward to the child for not sucking thumb.
- Distract the child when he feels bored.
- Put gloves on child's hand or wrap the thumb with the cloth.
- Use a non-toxic bitter substance on child's thumb.
- Encourage the child to socialize.

## Don'ts:-

- Do not scold the child or punish him or forcefully remove thumb from the mouth.
- Do not tie the child's thumb and fingers.
- Do not beat the child.
- Do not leave the child alone.

**THANK YOU**