



## SUCKING HABITS

### FINGER AND DUMMY SUCKING

Sucking thumbs, fingers or a dummy is normal for infants but when these habits don't stop, they can interfere with normal oral development and function. This is called an orofacial myofunctional disorder (OMD).

80%



of children with a sucking habit have 1 or more malocclusion traits

Dimberg et al., (2010)

#### An orofacial myofunctional disorder might look like this:

- Drooling
- Tongue thrusting (tongue pushing forward when eating or drinking)
- Crooked teeth
- Overbite / underbite / overjet
- Mouth breathing habit
- Snoring and sleep disordered breathing
- Sickness (sometimes recurring)
- Bad posture
- Speech errors

**Crooked fingers and calluses**

are seen in children who suck their finger or thumb



Srinivasan et al., (2001)

Dummy sucking is strongly associated with an **immature swallow**



Nihei et al., (2015)

**3x** higher risk of ear infections in those who use a dummy



Harain & Griffiths., (2010)

### HOW CAN WE HELP?

- We look into WHY thumb sucking is happening
- Refer onto the appropriate specialists (for airway/tongue restriction/allergies)
- Support you and your child to QUIT thumb/dummy sucking through our evidence based positive behavioural support program
- Commence OMT (Orofacial Myofunctional Therapy) to improve and restore oral muscular functions that have been impacted by this habit

For more information, check out our website and social media!  
[www.spot.family](http://www.spot.family)

