DITCH THE THUMB (OR PACIFIER)!

Healthy Smiles = Happy Kids
Help your child's teeth grow the right way by limiting their pacifier use and thumb sucking!

Did you know that pacifier use and thumb sucking beyond age 4 can cause problems with your child's teeth alignment?

• Reward your child with a sticker when they avoid sucking their thumb or pacifier!
• Some children suck their thumb when they're nervous, try to find the source of anxiety and comfort them!
• If you try these ideas and it still continues, try speaking with your pediatric dentist about it!

Visit www.eamail.uconn.edu or www.eatright.org/childrenshealth or www.choosemyplate.gov for more tips and recipes!
Visit www.snap4CT.org for food resource benefit information

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