

Dos and Don'ts For Stopping Baby's Thumbsucking



Dos

Determine the triggering factor for thumbsucking



Include gentle reminders, like saying 'No'



Use distractions, such as toys



Try using a pacifier



Don'ts

Avoid using force to prevent thumbsucking

Do not hit or punish the baby for thumbsucking

Never bandage or apply bitter medication on a thumb to stop them

Do not shout at them

